



## Heart Smart

Pre-K Standards:

Health: 1.PK.2



### Instructions:

1. Introduce the term “**HEART SMART**” by saying “When you hear the word **HEART SMART** I want you to place both hands over your heart.”
2. Choose quick simple activity like, running in place for 15 seconds or jumping jacks then stop and quickly feel your heart beat after the physical activity.
3. Say “When you’re **ACTIVE**, your heart beats faster. Can you feel it beat?”
4. Shout **HEART SMART** immediately after finishing an activity that increases your heart rate to engrain concept that when your heart beats faster, it's because you're being **ACTIVE** and **USING** lots of **ENERGY**.

### Skills:

- o Light cardio

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