Exercise #1: HEART SMART! (Great for grades K-2)

- Formation: Standing at desks
- Equipment: none
- Students will recognize positive and negative health behaviors.

1. Teacher will discuss the heart:
   - Where is it located? Left side of the chest
   - How big is it? Size of a fist
   - What is its function? Deliver blood to the body
   - How does one strengthen the heart? Moderate to vigorous physical activity (cardiorespiratory endurance) such as jumping, swimming, jogging, etc.
   - Students can act out each activity
   - What weakens the heart? Inactivity, unhealthy diet, smoking, etc.

2. Teacher calls out a habit that strengthens or weakens the heart.

3. If the habit strengthens the heart, students respond by jumping (dancing, scissor kicks, etc.) for 5 seconds. If the habit could potentially weaken the heart, students respond by squatting for 5 seconds.

- Running or jogging: Jump
- Eating four slices of pizzas: Squat
- Going on a family walk dog: Jump
- Smoking: Squat
- Never going outside to play: Squat
- Dancing with your friends: Jump
- Skating or skateboarding: Jump
- Never eating fruits and veggies: Squat
- Washing the car: Jump
- Helping your parents garden: Jump
- Drinking 2 pops a day: Squat
- Playing video games: Squat
- Cleaning up your room: Jump
- Eating a large bag of chips: Squat
- Watching TV: Squat
- Drinking a large glass of water: Jump
- Drinking a large glass of juice: Squat
- Eating a fruit for a snack: Jump
- Eating broccoli with dinner: Jump
- Helping your family cook: Jump
- Eating low-fat yogurt: Jump
- Dipping food in nacho cheese: Squat
- Playing a game outside: Jump
- Playing a game inside: Jump
- Playing games online: Squat
- Not trying a new vegetable: Squat
- Eating a handful of cookies: Squat
- Drinking skim, 1% or soy milk: Jump
- Playing with a friend: Jump
- Jump rope: Jump
Exercise #2: Hit the Deck!

- Formation: Standing at desks
- Equipment needed: 1 deck of cards
- Directions:
  1. Teacher places deck of cards in front of the class.
  2. Have one student select a card and students will do the corresponding activity for each suit.
  3. It would be helpful to write activities on the board for each suit. Here are just a few examples of what you can do:
     - Hearts: Monkey Moves or Lunges for 20 seconds
     - Diamond: Jog in place or March in place for 20 seconds
     - Club: Jumping Jacks or Scissor Jumps for 20 seconds
     - Spade: Shooting Stars or Arm Circles for 20 seconds
  4. Provide other students with the opportunity to pick a card from the deck and repeat activity.
- Suggestions:
  1. Choose 3 or 4 cards of each suit instead of using entire deck to save time
  2. This activity is easy for a substitute teacher to follow.

Exercise #3: Guess It!

- Formation: Standing at desks
- Equipment: Chalkboard. Chalk
- Directions:
  1. Choose 1 student to be The Guesser. The person who is The Guesser faces the class.
  2. The teacher puts a secret number on the board so that The Guesser can NOT see it, but so that the rest of the class can.
  3. Teacher tells The Guesser to try to guess the number on the board. Tell them it is a number between 0 and 100 (or whatever range they can handle).
  4. If the guess needs to be higher, the whole class silently jumps up, up, up, up, up, up until The Guesser makes another guess. If the guess needs to be lower, the kids do squats over and over and over until he/she tries another guess.
  5. When The Guesser finally guesses correctly, the whole class puts both hands up in the air kind of like a cheerleader would do at the end of a cheer. Then the teacher can choose another student to be The Guesser!
  6. If he/she is a really bad guesser, the class will be WORN OUT in one minute from all that jumping and squatting!