Heart Facts: The Heart is about the size of your clenched fist.

Perform 15 Basic Jumps and then travel to the right atrium.
Right Atrium

Heart Facts: The right atrium fills with blood returning from the body. It does not contain oxygen.

Perform 15 Side Swings and then travel to the Aorta.
Heart Facts: The Aorta is the largest single blood vessel in your body. It is approximately the diameter of your thumb.

Perform 15 Skiers and then travel to the Left Atrium.
Left Atrium

Heart Facts: The left atrium receives oxygen rich blood from the lungs.

Perform 15 Bells and then travel to the Left Ventricle.
Left Ventricle

Heart Facts: The **Left Ventricle** fills with oxygenated blood from the **Left Atrium.**

Perform 15 **Scissors Jumps** and then travel to the **Tricuspid Valve.**
Tricuspid Valve

Heart Facts: The Tricuspid Valve separates the Right Atrium from the Right Ventricle.

Perform 15 Straddle Cross X Jumps and then travel to the Right Ventricle.
Heart Facts: The **Right Ventricle** fills with de-oxygenated blood from the **right Atrium**.

Perform 15 Side Straddles and then travel to the **Pulmonary Artery**.
Pulmonary Artery

Heart Facts: The **Pulmonary Artery** is the vessel that transports de-oxygenated blood from the **Right Ventricle** to the **Lungs**.

Perform 15 **Left Leg Only** Basic Jumps and then travel to the **Mitral Valve**.
Mitral Valve

Heart Facts: The Mitral Valve separates the Left Atrium from the Left Ventricle.

Perform 15 Double Bounce Basic Jumps and then travel to the Heart.