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

Perform **30 dribbles at a very low level** and then travel to the **Right Atrium**
Heart Facts: The **Right Atrium** fills with blood returning from the body. It does **not** contain oxygen.

Circle your waist 15 times with your basketball 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.

Dribble around your left leg in a circle 15 times and then travel to the Left Atrium.
Left Atrium

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

Perform 15 **left hand dribbles** and then travel to the **Left Ventricle**.
Heart Facts: The **Left Ventricle** fills with oxygenated blood from the **Left Atrium**.

Perform 15 crossover dribbles and then travel to the **Tricuspid Valve**.
Heart Facts: The Tricuspid Valve separates the Right Atrium from the Right Ventricle.

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

Dribble around both legs in a circle 15 times 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**.

Dribble around your right leg in a circle 15 times and then travel to the **Mitral Valve**.
Mitral Valve

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

Dribble your basketball while moving a hula hoop around a body part of your choosing for 30 seconds and then travel to the Heart.