Is Your Heart Getting a Good Workout? Lesson Idea

Objective

- Learn that the heart needs to work hard and rest.

Explore

1. 

2. Explain that physical activities in which people move around a lot are good activities for the heart because they make the heart work harder for a while. Ask children to describe activities in which children's hearts are working very hard and the ones in which their hearts are not working as hard. Ask children to tell about activities that they do every day. When does your heart work very hard? When does your heart work not as hard?

3. Sing the following song to the tune of "Are You Sleeping, Brother John?" with children. You may want to first ask children to listen as you sing each verse, and then have children repeat the verse with you. Or sing the first two lines of each verse and have children sing the last two lines.

   My heart's beating, My heart's beating,
   Thump, thump, thump! Thump, thump, thump!
   It's slower when I'm sitting. It's slower when I'm sitting.
   Sit and rest, Sit and rest!
   [Everybody sits and rests.]

   My heart's beating, My heart's beating,
   Thump, thump, thump! Thump, thump, thump!
   It's faster when I'm moving. It's faster when I'm moving.
   Hop and jump, Hop and jump!
   [Everybody hops and jumps.]

4. Ask children to march in place for one minute. You may wish to play music. When they stop, ask them if they think their hearts are working hard. Children will probably not show any signs of exertion. Have children march in place for 2-3 more minutes. When they stop, ask them again if they think their hearts are working hard. Point out the signs that show the heart is getting a workout: face feeling warm, breathing harder, heart beating faster, sweating.

Is Your Heart Getting a Good Workout? Lesson Idea (Spanish)

¿Hace bastante ejercicio tu corazón?

Objective

- Learn that the heart needs to work hard and rest.

Explore

1. 

2. Explain that physical activities in which people move around a lot are good activities for the heart because they make the heart work harder for a while. Las actividades en las que nos movemos bastante son buenas para el corazón porque lo hacen trabajar más duro por un rato. Ask children to describe activities in which children's hearts are working very hard and the ones in which their hearts are not working as hard. Ask children to tell about activities that they do every day. ¿Qué actividades hacen todos los días? When does your heart work very hard? ¿Cuándo
les trabaja muy duro el corazón? When does your heart work not as hard? ¿Cuándo no les trabaja tan duro el corazón?

2. Sing the following song to the tune of "Are You Sleeping, Brother John?" with children. Vamos a contar una canción con la música de la canción "Fray Felipe" ("Campanero"). You may want to first ask children to listen as you sing each verse, and then have children repeat the verse with you. Escuchen primero y después repitan conmigo. Or sing the first two lines of each verse and have children sing the last two lines.

Late y late,
late y late
mi corazón,
¡pum, pum, pum!
Despacio al sentarme,
despacio al sentarme.
Así, así
me siento yo.
[Everybody sits and rests.]

Late y late,
late y late
mi corazón,
¡pum, pum, pum!
Rápido al moverme,
rápido al moverme.
Así, así,
me muevo yo.
[Everybody hops and jumps.]

My heart's beating,
My heart's beating,
Thump, thump, thump!
Thump, thump, thump!
It's slower when I'm sitting.
It's slower when I'm sitting.
Sit and rest,
Sit and rest!

My heart's beating,
My heart's beating,
Thump, thump, thump!
Thump, thump, thump!
It's faster when I'm moving.
It's faster when I'm moving.
Hop and jump,
Hop and jump!

3. Ask children to march in place for one minute. Marchen en el mismo lugar hasta que les diga que paren. You may wish to play music. When they stop, ask them if they think their hearts are working hard. ¿Creen que les trabaja duro el corazón? Children will probably not show any signs of exertion. Have children march in place for 2-3 more minutes. Marchen otra vez en el mismo lugar hasta que les diga que paren. When they stop, ask them again if they think their hearts are working hard. ¿Creen que les trabaja duro el corazón? Point out the signs that show the heart is getting a workout: face feeling warm, breathing harder, heart beating faster, sweating. ¿Sienten calor en la cara? ¿Están respirando más rápido? ¿Les late más rápido el corazón? ¿Están sudando? Eso indica que el corazón está haciendo bastante ejercicio.