



American
Heart
Association.



It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

Materials Needed:

- *Painter's tape*
- *Classroom furniture and objects*

Activity: Indoor Obstacle Course

Stay active and have fun even when the weather doesn't permit!

How to Play

1. Have fun creating an indoor obstacle course using tape on the floor as a guide. The course will vary depending on space, and you may want to use several classrooms or the hallway.
2. Some ideas:
 - a. Walk the "tightrope"- straight line of tape on the floor.
 - b. Crawl through the rabbit hole - crawl under a row of desks.
 - c. Feed the shark - toss a beanbag into a basket.
 - d. Frog jump from one "lily pad" to the next - make the "lily pads" with tape.
 - e. 10 jumping jacks

Heart Fact of the Day: Your heart is made up almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds-roughly the weight of a compact car.