

HEART SMART

READY

EQUIPMENT:

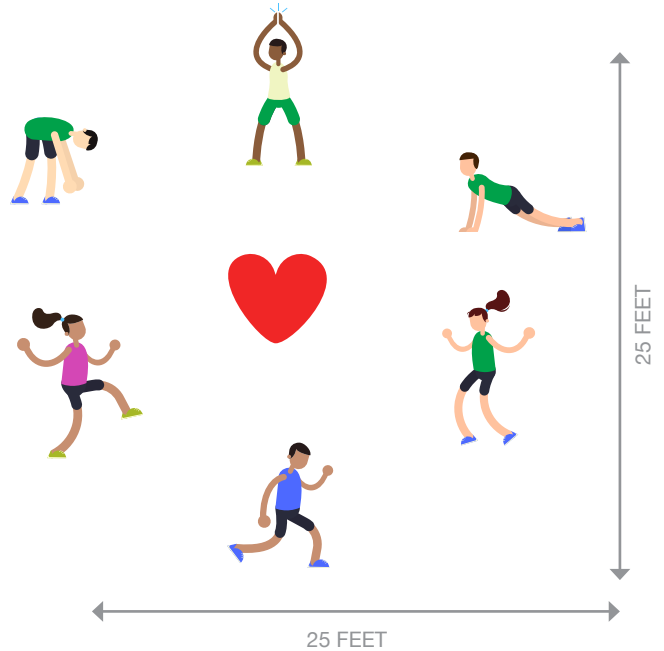
NONE

SET-UP:

PLAYERS SPREAD OUT

NUMBER OF PLAYERS: 10+

TIME: 10 MINUTES +



EXPLAIN

- 1 Players spread out standing 6 feet away from each other.
- 2 The leader calls out things that are good for the heart (walking, running, vegetables, sports, fruits, dancing). When the leader calls out an item, players perform an exercise (pushups, jumping jacks, toe touches).
- 3 The leader also calls out things that are bad for the heart (smoking, germs, TV, fast food, soda). When the leader does this, players do not do anything.
- 4 If a player messes up, he or she does a silly dance, then rejoins the game.

✓ **For Understanding:**

- When the leader says, “strawberries,” what do you do?
- When the leader says, “flu,” what do you do?

GAME TIP:

- Demonstrate for players.

CONFLICT RESOLUTION TIP:

- Have players suggest things that are good or bad for the heart.

CATEGORY:
BEGINNER

ENVIRONMENT:
AUDITORIUM,
CAFETERIA,
GYMNASIUM,
HALLWAY,
PLAYGROUND

GRADES:
K–5

FITNESS FOCUS:



BACK-UP GAMES:
ANIMAL FARM
HIDING NEMO
HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Jumping jacks
- **MEDIUM:** Plank
- **HARD:** Burpees