

# Heart Power

## Warm Up Activity



### Objectives:

1. Explore the role the heart plays during physical activity.
2. Experience cooperative play.

### Age:

8 years and older.

### Length:

Approximately 10 minutes.

### Supplies and Materials:

Objects (cones, chairs, trees) to mark the different parts of the body and heart.

### Special Considerations:

*Wheelchair-Bound Participants:* Have any wheelchair-bound participants at the front of the line (make multiple lines if needed). Ask if he/she would like someone to help push.

### Activity Directions:

1. Briefly discuss the function of the heart in oxygenating blood. A suggested script follows.

The heart has a right side and a left side. The right side receives blue blood, the blood without oxygen, from the body and pumps it into the lungs. The left side receives the red blood, the blood with oxygen, from the lungs and pumps it to the body. Each side of the heart had two chambers, the auricle where the blood comes in and the ventricle where the blood goes out. The heart plays an important role in keeping us moving, and pumps harder when we are physically active.

2. Using objects (trees, tables, cones, chairs, etc.) create an area that simulates a human body (see diagram). You will need a head, a trunk, two arms and two legs. Within the trunk of the body, make a four-section square to represent the chambers of the heart. In addition, mark a location for the lungs.

3. Have participants get in a line and place their hands on the person's hips in front of them like a "bunny-hop" line. (Option: stand in line without touching.) Practice walking with right and left legs in unison.

4. Starting at the right arm, announce the name of each body part as the line of participants passes through that section. Have participants chant “blue, blue” while walking through the right arm and heading toward the right auricle on through the right ventricle and out to the lungs. In the lungs they get oxygen. Then they chant “red, red” as they move through the left auricle, left ventricle and out to the left leg.

4. Next, have them move through the body at the relative speed they think fits the activities as you shout them out. Some activities include: eating, sleeping, playing soccer, walking, and watching television.

