



Lesson Plan
Sports/Physical Education

Heart Healthy Scooters

Goal

Students will learn what will and will not keep their heart healthy while doing an activity to increase heart health.

Materials

- Scooters
- Cones
- Poly-spots
- Big picture of a heart
- Big picture of a trash can
- 50-100 small papers with pictures of things that are healthy and not healthy for the heart (fruit, vegetables, candy, ice cream, smoking, etc)

Activities

Start off by showing the students a picture of a heart. Tell them that this is what their heart really looks like. Include that their heart is about the size of their fist. They all hold up their fists and pump their fists the way a heart beats. Next talk about how important the heart is and that it brings nutrients and oxygen to the rest of the body. Talk about how the blood flows out of the heart through the body and back. The kids think this is really cool.

Next, say, "Now think to yourselves about some things that would be good for our hearts." Allow them to think for a few seconds and then ask for a few students to share their answers. (e.g., eat fruit, veggies, get enough sleep, have good friends, run, walk the dog, exercise, PE, etc.) Repeat the same steps again but pertaining to things that are not healthy for our hearts.

Explain the game to the students. Before class, tape a picture of a heart, and a picture of a trash can up on the wall. Between the two pictures, there should be a basket full of small pictures of things that are healthy/not healthy for the heart. Also set up poly spots and cones (enough for 1 per every 2 students) across the gym from each other. With their partner, students will line up on a poly-spot facing the opposing cone (the heart and trash can pictures should be taped on the wall behind the cones). Each pair will also have one scooter. On the teacher's cue, one student will sit on the scooter (with both hands on the handles and feet crossed) while the other partner guides them to the cone. The student who was sitting on the scooter will pick out of the basket, decide if it is healthy (put under the heart) or not healthy (put it under the trash can). When they have finished their partner will push them back to the other side. They will then switch roles.

Instead of having students competing against each other, have the class compete against itself. Have the students play a few times to see if they can get more each time. They love it!