

What Happens to Our Hearts When We Are Active? Lesson Idea

Objective

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

Prepare

- Download and print [Take a Look Inside of You!](#) visual

Materials

- [Take a Look Inside of You!](#) visual

Explore

1. Guide children in some simple physical activities, such as skipping, hopping, or running. Then pause to let them place their hands on their chests again to feel their hearts beating. Ask children whether their hearts are beating faster than they did before. Have them repeat after you, more quickly than last time, "Thump, thump, thump...".
2. Lead children in the exercise activity "What Can It Do?" Begin by having children identify different parts of the body. For example, point to your head, arm, leg, shoulder, hand and foot. Ask volunteers to name the body parts. Then point again to a body part. *What can this part do? Who can show me?* Have a volunteer demonstrate an activity that uses that body part. Invite the group to follow the volunteer. For example, you might point to an arm and the volunteer might suggest flexing and straightening that arm. Later you might want to point to both arms or both legs so that children could suggest activities such as jumping jacks or running in place.
3. Distribute or display the [Take a Look Inside of You!](#) visual. Point to the heart and lungs and explain that when we do physical activities, we breathe faster and our hearts beat faster. Our lungs work harder to pull in more air, and our hearts pump harder to get more blood to all parts of our bodies. Point to the blood vessels on the picture and trace the path that blood follows as it flows through the body.

What Happens to Our Hearts When We Are Active? Lesson Idea (Spanish)

¿Qué le pasa a nuestro corazón cuando estamos activos?

Objective

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

Explore

1. Guide children in some simple physical activities, such as skipping, hopping, or running. *Vamos a saltar en un pie (saltar en los dos pies, correr)*. Then pause to let them place their hands on their chests again to feel their hearts beating. *Ahora pónganse una mano en el pecho para sentir los latidos del corazón*. Ask children whether their hearts are beating faster than they did before. *¿Está latiendo más rápido el corazón ahora que hace un rato?* Have them repeat after you, more quickly than last time, "Pum, pum, pum...". *Repitan después de mí: pum, pum, pum...*
2. Lead children in the exercise activity "What Can It Do?" *Vamos a jugar a "¿Qué puede hacer?"* Begin by having children identify different parts of the body. For example, point to your head, arm, leg, shoulder, hand and foot. Ask volunteers to name the body parts. *¿Quién quiere decir el nombre de esta parte del cuerpo?* Then point again to a body part. *What can this part do? ¿Qué puede hacer esta parte del cuerpo?* Who can show me? *¿Quién quiere demostrarlo?* Have a volunteer demonstrate an activity that uses that body part. *Haz una actividad que use esta parte del cuerpo*. Invite the group to follow the volunteer. *Ahora todos vamos a hacer esa actividad*. For example, you might point to an arm and the volunteer might suggest flexing and straightening that arm. *Por ejemplo, cuando señalo el brazo, el voluntario puede sugerir doblar y estirar el brazo*. Later you might want to point to both arms or both legs so that children could suggest

activities such as jumping jacks or running in place. *Ahora sugieran actividades para los dos brazos [las dos piernas] como saltar subiendo los brazos [correr en el mismo lugar].*

3. Display the "*¡Mírate por dentro!*" visual. Point to the heart and lungs and explain that when we do physical activities, we breathe faster and our hearts beat faster. *Cuando hacemos actividades físicas, respiramos más rápido y el corazón nos late más rápido.* Our lungs work harder to pull in more air, and our hearts pump harder to get more blood to all parts of our bodies. *Los pulmones trabajan más duro para tomar más aire, y el corazón bombea con más fuerza para llevar más sangre a todas las partes del cuerpo.* Point to the blood vessels on the picture and trace the path that blood follows as it flows through the body. *Éste es el camino que sigue la sangre al pasar por todo el cuerpo.*