

Jump! Thump! Pump!

Introduction: In this lesson, students will learn that making their hearts stronger can be fun as they rhyme their way to good health. This lesson is adapted from a lesson idea on the American Heart Association's website at:

<http://www.americanheart.org/presenter.jhtml?identifier=3003036>.

Grade Level and Subject: Kindergarten and 1st Grade Language Arts, Health Education, P.E.

TEKS: Kindergarten Language Arts – 1A, 1B, 1C, 1F, 3A, 3D, 10B, 10C,
Health Education – 1C, 4B
P.E. – 3A, 3B, 4A, 7B, 7C

1st Grade Language Arts – 1A, 1B, 1C, 1F, 3A, 3D, 13A, 13B, 13C
Health Education – 1A, 4B
P.E. – 1F, 3A, 3B, 4B, 7A

Activity:

Write the following rhyme on the board, and read it aloud to children:

*Whenever you jump, jump, jump,
Hear your heart go thump, thump, thump!
That's because a jump, jump, jump
Speeds up your heart's pump, pump, pump!
Jump, jump, jump!
Thump, thump, thump!
Pump, pump, pump!*

Repeat the rhyme several times until children are familiar with it. Then ask them to name the rhyming words (jump, thump, pump). Explain to children that there is something they can do for each of those three words. Then demonstrate jumping up and down in place for the word *jump*, patting the chest over the heart with an open hand for the word *thump*, and straightening and bending the arms out from the shoulders and back for the word *pump*. Once children know the motions, tell them that when you say the rhyme, they should do the appropriate motion each time they hear the words *jump*, *thump*, and *pump*. Say the rhyme together, using the motions with the appropriate words.

Remind children that when they jump and their heart thumps and pumps, it gets stronger and makes their bodies healthier.

Evaluation: Observe students for appropriate listening behavior, repeating the rhyme, and participation in the physical activity.



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Updated February 2016