

Make My Heart Sing

Introduction: In this lesson, students create a song about the heart as they engage in activities that make their hearts stronger. This lesson is adapted from a lesson idea on the American Heart Association's website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003027>.

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

TEKS: Kindergarten and 1st Grade Language Arts – 1A, 1C, 1F, 10C
Kindergarten P.E. – 1C, 2A, 3A
1st Grade P.E. – 1F, 4B,

Activity:

Write the following lyrics on the chalkboard, and sing them to the tune of “Here We Go ‘Round the Mulberry Bush.” Have the children place their hands over their hearts as they sing this verse.

*Everybody needs a heart,
Needs a heart,
Needs a heart.
Everybody needs a heart
To keep their body running.*

Ask children to sing the song with you and sing it together several times. Then write the following verse on the board. After children sing it several times, have them add the motion (raising arms).

*The heart pumps hard when I raise my arms,
Raise my arms,
Raise my arms.
The heart pumps hard when I raise my arms
To keep it strong and healthy.*

Ask children for other activities that are good for the heart (run in place, jump three times, etc.), and create new verses that incorporate those activities.

Evaluation: Observe students for participation in the song and physical activities.



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