

## Hop and Jump!

**Introduction:** In this lesson, students recognize the role of physical activity in making the heart work harder and the body grow strong and healthy. This lesson is adapted from a lesson idea on the American Heart Association's website at:

<http://www.americanheart.org/presenter.jhtml?identifier=3003088>.

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

**TEKS:** Language Arts – 1A, 1B, 1C  
Health Education – 1C, 4B  
P.E. – 3A, 3B, 3D

### Activity:

1. Explain that physical activities in which people move around a lot are good activities for the heart because they make the heart work harder for a while. Ask children to describe activities in which children's hearts are working very hard and the ones in which their hearts are not working as hard. Ask children to tell about activities that they do every day. *When does your heart work very hard? When does your heart work not as hard?*
2. Sing the following song to the tune of "Are You Sleeping, Brother John?" with the children. You may want to first ask children to listen as you sing each verse, and then have children repeat the verse with you. Or sing the first two lines of each verse and have children sing the last two lines.

My heart's beating. My heart's beating.  
Thump, thump, thump! Thump, thump, thump!  
It's slower when I'm sitting. It's slower when I'm sitting.  
Sit and rest! Sit and rest!  
*[Everybody sits and rests.]*  
My heart's beating. My heart's beating.  
Thump, thump, thump! Thump, thump, thump!  
It's faster when I'm moving. It's faster when I'm moving.  
Hop and jump! Hop and jump!  
*[Everybody hops and jumps.]*

3. Ask children to march in place for one minute. You may wish to play music. When they stop marching, ask them if they think their hearts are working hard. Children will probably not show any signs of exertion. Have children march in place for 2-3 more minutes. When they stop, ask them again if they think their hearts are working hard. Point out the signs that show the heart is getting a workout: face feeling warm, breathing harder, heart beating faster, sweating.

**Evaluation:** Observe students for participation in the activities.



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Updated February 2016