

## How Hard Is Your Heart Working?

**Introduction:** Students learn that keeping their hearts healthy can be fun as they play *Hokey Pokey* and learn to check their pulses. This lesson is adapted from a lesson idea on the American Heart Association's website at:

<http://www.americanheart.org/presenter.jhtml?identifier=3003086>.

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

**TEKS:** P.E. – 1F, 3B, 3C, 4A, 6B, 7A, 7B  
Language Arts – 1A, 1B, 1C, 1D,  
3A Health Education – 1C, 4B

### Activity:

1. Begin this activity after children have been doing something quiet. Explain that when a person exercises, the heart beats faster as it works harder to pump blood throughout the body. Remind children that they can tell how fast their hearts are pumping blood by feeling their pulses. Assist children as necessary.
2. Invite children to sing and act out the song “Hokey-Pokey.” Have children stand in a circle and sing. Verses include putting in the left arm, right arm, left foot, right foot, both arms, and whole self. When children have finished the song, have them feel the pulses in their necks again. Ask them what they notice about their pulses, and help them conclude that their pulses got faster because their hearts were beating faster after they did physical activities. Ask children to name other activities that make their hearts work harder.

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



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