

HeartSmart Teachable Moments

Keep Moving

Grades K – 1



Be Safe

- **Learn the proper way** to do each activity. Check with an experienced teacher or coach to find out how to avoid injuries.
- **Use safety equipment**, such as helmets, pads and good shoes.
- **Warm up and stretch** gently before and after vigorous activity.

Keep Moving - Animal Movements and Active Living

Summary

Students will:

- Compare a variety of “animal” movements
- Demonstrate movements of individual body parts and the whole body

Objective

- Students will experience a variety of active games, vigorous movements and learn that physical activity keeps the heart healthy

Key Words

movement, physical activity, breath, heartbeat, energy, game

Preparation

- Review the current Canada’s Physical Activity Guidelines

Potential Materials

- Activity mats, pictures of animals
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Main Steps

Choose activities from the following steps to customize your lesson to the needs of your class.

ANIMAL MOVEMENTS AND ACTIVE LIVING

What Do You Know?

Write out the key words on to a piece of chart paper or a white board with the word “movement” in the centre. Review the new vocabulary and have students who know the words help explain them to others. Use simple word games (identifying, sounding out, underlining, etc.) with unfamiliar words

- Have students act out movements of different animals, using the school gym if possible to allow plenty of room for movement. Distribute the activity “*Animal Acts*” and ask students to:
 - Run on their hands and feet like a bear/goat/porcupine/fox
 - Walk on four legs like a wolf
 - Slither on the floor like a snake
 - Wiggle like a fish
 - Flap their arms like an owl
- Ask students what animal movements they liked best and how they feel when moving.
- Point out that a human’s heart beats around 60-100 times per minute. Then review all the animals’ heart rates on the activity sheet.
- Discuss how your heart beats faster when you are being active and you can tell that you are working hard when you’re breathing heavily. Explain that when you exercise your heart you are keeping it healthy.
- Have students brainstorm a list of various physical activities from their own lives. Explain that:
 - Active living keeps the body and the heart healthy.
 - To be healthy, students should get active play every day.
 - The body needs good food to have enough energy for active living.

Keep Moving - Animal Movements and Active Living

- Have students in groups or individually choose an activity that they like to do, then act it out for the rest of the class. Have the class guess what the activity is.
- Have students describe how they feel when they do the activity they drew by writing and completing the sentence: When I _____, I feel _____.

Review and Summary

Review the key messages of the lesson:

- Active play every day helps keep a healthy body and healthy heart.
- There are many kinds of fun activities students can choose.
- The best activities get the whole body moving.

Home Connections

- Invite them to take the handout home to their parents or guardians and demonstrate their “animal movements” and explain what they’ve learned to their family members.
- Invite students and families to brainstorm ways of actively commuting to school and around the community. (i.e. cycling, walking, rollerblading, etc.)
- Have students brainstorm and draw indoor and outdoor activities they could enjoy doing with their families. Activities could include:
 - Tumbling
 - Hiking
 - Playing catch
 - Walking a dog
 - Hopscotch
 - Dancing
 - Swimming
 - Jumping rope
 - Cycling

Extension and Integration

- Put on lively music and have students move different parts of their bodies in rhythm, then move their whole body.
- Have students act out scenarios in which one student is sitting at a computer or watching TV and another persuades the first student to play outside.
- Make a collage of the students’ active living drawings. Group them by season of the year.
- Invite students to bring in a piece of equipment or picture representing an activity they like and describe the activity to the class.

Assessment

- Monitor the students’ movements and understanding to ensure they can identify physical activities they enjoy and those that make their hearts beat stronger.
- Monitor the students’ understanding of physical activity for health benefits and to ensure they can tell the difference between breathing and heart rate at rest and after vigorous activity.

Animal Acts

Act out as many different animal movements as you can for 15 seconds each and then print them out below.

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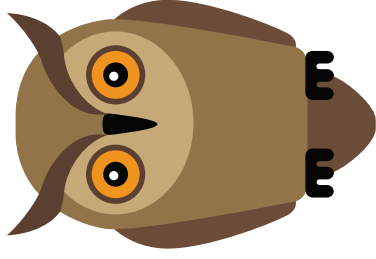


run on your hands and feet like a bear!

Pets also need an active life. Walk the dog as a family activity. If you can, feel or listen for your pet's heartbeat (check gently on the left side of the chest).

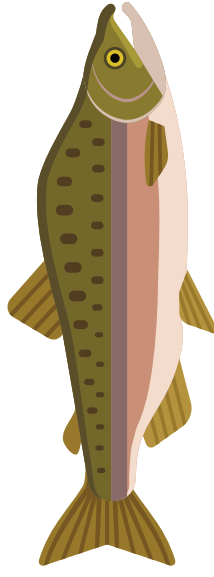
Check out the resting heart rates of these animals:

Blue Whale	8 beats per minute
Elephant	25 to 40 beats per minute
Cow	48 to 84 beats per minute
Human	60 to 80 beats per minute
Dog	70 to 120 beats per minute
Cat	120 to 140 beats per minute
Guinea Pig	200 to 300 beats per minute
Rabbit	180 to 350 beats per minute
Hummingbird	600 beats per minute
Mouse	450 to 750 beats per minute



flap your arms like an owl!

wiggle like a fish!



slither on the floor like a snake!

walk on four legs like a wolf!

