



MATERIALS

Stopwatch or watch/timer with a second hand

TO PLAY

1. Ask students to stand and close their eyes. Then instruct them to jog in place at your signal and to sit down when they think one minute is up. As students jog and sit down, note who is closest to one minute.
2. When one minute is up, recognize who sat down at or closest to the one-minute mark. Then share one of the “Get Moving for Your Heart!” facts below.
3. Repeat Steps 1 and 2 to see if students can get closer to the one-minute mark. Ask students to do a different physical activity in place, such as knee raises or arm circles.
4. Repeat Steps 1–3, but this time, have students sit down when they think 30 seconds is up.

Got a Minute?

Sneak in some heart-healthy facts about physical activity with this fun challenge.

GET MOVING FOR YOUR HEART!

- Taking part in physical activity for at least 60 minutes a day can keep your heart strong and healthy.
- Healthy hearts need regular physical activity. But, a 2019 survey reported that 46% of highschool- age students play video or computer games for three or more hours daily.
- Physical activity doesn’t just build strong muscles— it strengthens your bones and can reduce symptoms of depression too.
- Physical activity gives your heart a good workout!
- The average man’s heart pumps almost 2,000 gallons of blood each day. That is how much water some fire departments’ tanker trucks can hold.



Head Honcho

This follow-the-leader reboot is a great way to start the day with movement, laughter, and a discussion of the importance of physical activity.

TO PLAY

1. Have students stand in a circle.
2. Select one student to leave the room. Once he or she is out of the room, select one student in the circle to be the Head Honcho. Instruct everyone else in the circle to watch the Head Honcho and follow the movement he/she does, such as hopping on one foot, flapping his/her arms like a bird, slapping his/her knees, etc. (The goofier, the better!) Instruct the Head Honcho to change the movement every few seconds.
3. Bring the outside student back into the room and have her stand in the middle of the circle. Then challenge her to watch the movements in order to guess who the Head Honcho is.
4. If the guesser is correct, let her select the next student to leave the room. Then choose a new Head Honcho and repeat Steps 2 and 3.
5. After playing for five or ten minutes, say, "For this game to work, you had to follow someone else's lead. In much the same way, we often are influenced to change our behavior because of the example set by someone we look up to. It's a fact that healthy hearts need regular physical activity. Who do you know is a good example of a person who has made regular physical activity a priority? How can you follow this person's lead and start making sure you are getting the recommended 60 minutes a day of active play?" Discuss and remind students about your school's upcoming American Heart Challenge event.




IN ADVANCE

Label four index cards and four slips of paper with the numbers 1–4 (one number each). Tape each card in a different corner of the room. Place the even-numbered slips of paper in one envelope and the odd-numbered slips in a different envelope.

TO PLAY

1. Read aloud one of the statements on the right. Then say, “If you think this statement is true, move to an even-numbered corner. If you think this statement is false, move to an odd-numbered corner.”
2. Provide the answer and tell students who were correct that they are safe. Using the even or odd envelope for the incorrect answer, randomly draw a corner number. Have those students sit down.
3. Repeat Steps 1 and 2 until there are only five to seven students left. Then announce that only two students may be in any one corner.
4. Play until only one student remains as the winner.

Heart-Healthy Four Square

Put a heart-healthy twist on a favorite classroom game. 

TRUE OR FALSE STATEMENTS

- The average man’s heart pumps almost 200 gallons of blood each day. **False. It pumps almost 2,000 gallons each day.**
- The smallest blood vessels in the body are called capillaries. About ten of them equal the thickness of one human hair. **True**
- Physical activity not only builds strong muscles—it also decreases the symptoms of depression. **True**
- Each year, about 800,000 people die from heart related conditions in the United States. **True**
- A recent survey reported that 20% of high-school age students play video or computer games or use a computer for three or more hours every day. **False. The percentage is actually 46%.**
- To keep your heart healthy and strong, you should engage in active play for at least 20 minutes every day. **False. For the most benefit, you should engage in active play for at least 60 minutes every day.**
- Some of the tiniest blood vessels, called capillaries, are so small that only one blood cell can pass through them at a time. **True**

New Seat Switch

Switch things up with this quick,
fun game that shares
information about the heart's
need for regular physical activity.



MATERIALS

Any kind of music.

TO PLAY

1. Announce that at the sound of music, you will make a true or false statement about heart health. Each student must stand and switch seats, making sure the new seat is at least ten feet away from the old one. In addition, students must perform the action that indicates whether they think the statement is true or false.
2. Announce one of the statements below; then turn on the music.
3. Once every student has moved to a new seat, reveal whether the statement was true or false. Then repeat Step 2.

TRUE OR FALSE STATEMENTS

- Exercise may increase your life expectancy. If you think this is true, pretend you are juggling three apples as you walk to your new seat. If you think this statement is false, walk as if you are balancing a bucket of ice cold water on your head. **True**
- One in ten high-school-age students watch television for more than 3 hours on the average school day. If you think this is true, walk while doing arm circles to a new seat. If you think this is false, write your first name in the air with your elbow while you walk. **False. 1 in 5 high-school-age students watch television for more than 3 hours on the average school day.**
- Physical activity can reduce the symptoms of depression. If you think this is true, do bicep curls while you walk to your new seat. If you think this is false, run in place for a count of 10 before you move to your new seat. **True**
- A recent survey reported that 46% of high-school-age students play video or computer games or use a computer for 3 or more hours every day. If you think this is true, walk sideways to a new seat when the music starts. If you think this is false, walk in slow motion to a new seat. **True**
- Exercise increases the risk of heart disease and low blood pressure. If you think this is true, walk to your new seat as if you are walking barefoot on hot coals. If you think this is false, walk to your new seat as if you are being pulled against your will by a magnetic force. **False. Exercise reduces the risk of heart disease and high blood pressure.**



Number Go!

Students band together in this fun game, followed by a discussion of some number-related facts about heart health.

TO PLAY

1. Direct each student to stand up and walk in any direction around the classroom.
2. Say a number between 2 and 7, followed by "Go!" At this signal, students must join together in groups of that size.
3. Any student left without a group sits down.
(To keep sitting students involved, ask one of them to call out the number for the next round.)
4. Repeat Steps 1–3 until time runs out or only two students are left standing.
5. At the end of the game, share the "number facts" about heart health below with students.

NUMBERS RELATED TO HEART HEALTH

- **The number is 8.** A can of soda can have about 8 teaspoons of sugar.
- **The number is 20.** A 16-ounce bottle of soda can have as much sugar as 20 sugar cubes.
- **The number is 83.** The heart pumps out about 83 gallons of blood each hour.
- **The number is 200.** If you were to drink two 20-ounce sodas every day for a year, the amount of sugar you would consume would total about 200 cups.
- **The number is 480,000.** Each year, more than 480,000 people die prematurely from smoking cigarettes and being exposed to secondhand smoke.
- **The number is 870,000.** Each year, nearly 870,000 people die from heart-related conditions in the United States.