

HEART PUMPING THEATER



OVERVIEW

Clap-stomp-jump! Using creative combinations of these motions, students will develop challenging movement patterns to increase their heart rates through physical activity. They will learn about the important role activity plays in maintaining heart health and decreasing their risk of developing noncommunicable diseases like heart disease. Students will learn to measure their heart rates by taking their pulses.

USE OF PRESENTATION

The accompanying presentation was created with PowerPoint so that it can be used in a variety of classrooms. If you are using a laptop with an LCD projector, simply progress through the PowerPoint by clicking to advance. All of the interactive aspects of the presentation are set to occur on click. This includes images, text boxes, and links which will appear in a web browser upon clicking. If you are using an interactive whiteboard, tap on each slide with your finger or stylus to activate the interactive aspects of the presentation. In the notes for each slide, there will be information on how to proceed.

CONTENT AREAS

Health, Physical Education

ACTIVITY DURATION

45–60 minutes

AGE RANGE

10–13

ESSENTIAL QUESTIONS

- How do you know if your heart is healthy?
- What makes a heart unhealthy?

For more information about the Future Well Kids program, please email
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