



SILLY SACK JUMPING

TYPE OF ACTIVITY: Science

KEY CONCEPT: Be physically active



OBJECTIVES:

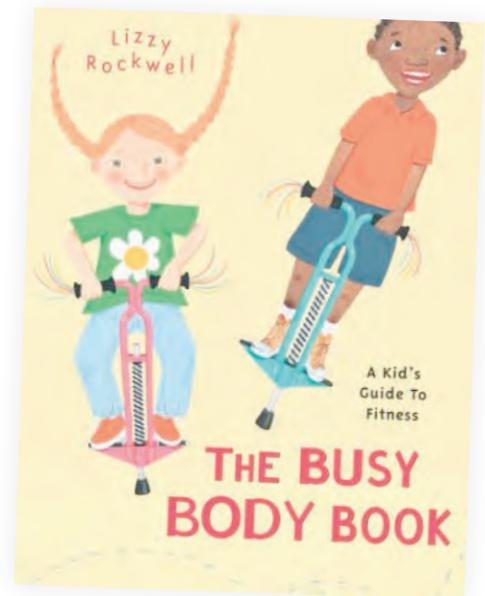
- › Children will recognize that physical activity makes their hearts beat faster.
- › Children will practice gross motor skills by jumping in sacks.

MATERIALS:

- › Book: *The Busy Body Book—A Kid's Guide to Fitness* by Lizzy Rockwell
- › Stethoscopes
- › Sacks or pillow cases for jumping
- › Optional: Hoops or chalk

PROCEDURE:

1. Set-up: Draw big circles with chalk on the sidewalk or set out hoops in a grassy area (optional).
2. Read the book to a small group of children (preferably no more than 5-6). Focus on the pages about the importance of physical activity (pp. 1-6). Be sure to read the pages about the heart moving oxygen through the body and through blood vessels (pp. 15, 17, and 18). Ask children to point to their hearts, and explain that their hearts are the strongest muscles in their bodies. Remind them that their hearts beat faster when they are being active.
3. Show children a stethoscope, and ask if they know what it is. Tell them that doctors and nurses use stethoscopes to listen to our heartbeats. Ask for a volunteer to demonstrate how to use a stethoscope. Allow children time to use stethoscopes to listen to each other's heartbeats. Suggested phrases:
 - a. *Can you hear Charlie's heart beat? Is his heart beating fast or slow?*
 - b. *What do you think would happen if Charlie ran around, and then you listened again?*
4. Have children feel their heartbeats with the palms of their hands before they jump around in a sack or pillow case. Ask them to predict how their heartbeats will change after they jump.
5. Distribute sacks or pillow cases to children. Encourage each child to climb into a sack and jump around. Children can jump in, around, or in and out of a circle drawn on the sidewalk or a hoop in the grass.



6. After jumping in the sacks or pillow cases for a few minutes, encourage children to feel their heartbeats again. Distribute stethoscopes and have children listen to their heartbeats. Explain that when you move your body, your heart beats faster.

ADAPTATIONS/EXTENSIONS:

Outdoor activity: Allow children to choose other physical activities that increase their heart rates. Encourage children to listen and compare their heartbeats before and after doing these activities.



Day 12: Be Physically Active

For more activities, visit eathealthybeactive.net