

Jump Rope for Heart Group Assignment:

Activity Name: Happy Hearts

Directions: Students will walk around the heart and stop at three stations. Station 1 Nutrition: At this station students will make decisions on healthy eating by looking at pictures and picking healthy food to eat. There will be pictures that make your heart happy and pictures that make your heart sad. Station 2 Exercise: Students will make decisions about exercise. They will choose the pictures that make the heart happy and try the exercise. There will be pictures that make the heart happy and sad. Station 3 Behavior: Students will look at pictures of both good and bad behavior and choose the pictures that make the heart happy. There will be pictures that make the heart happy and sad. Students will move from station to station by walking three ways High, Middle, and Low. At the end of the activity students will have a better understanding of what makes their Heart Happy.

Objectives:

Psychomotor: TSWBAT walk in a line high, middle, and low from station to station and along the way have to jump over obstacles in their way during the Happy Hearts activity.

Cognitive: TSWBAT choose between what makes their heart happy instead of sad at each of the stations Nutrition, Behavior, and Exercise with their group during the Happy Hearts activity.

Affective: TSWBAT work together in their group without having any negative attitudes or actions during the Happy Hearts activity.

Equipment Needed 3 jump ropes, pictures of what makes the heart happy and sad for each station (Nutrition, Behavior, and Exercise), poly spots, cones, stickers.

Space Needed: grassy area or basketball court

Duties:

Names:

Tim C. Matthew, and Kia will all have a group of kids to walk around the heart to each station. Tim will gather pictures for exercise station, Kia will gather pictures for the behavior station, and Matthew will gather pictures for the nutrition station.