

PE Activity: Jump Rope Rhymes

Supplies Needed:

- Jump ropes

Length of Time to Complete:

- 5 minutes to introduce activity and learn the rhyme
- 10 minutes to jump rope

Audience (grades): 1st

Lesson:

This month you learned that exercise helps your body stay healthy! It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease, and enables you to maintain a healthy weight. Who remembers how long you should exercise or play actively every day to build a strong, healthy body? (*60 minutes*) What are some of your favorite ways of exercising?

What are some other things we can do to keep our body healthy? (*Eat mostly Go Foods, drink water, get enough rest, brush our teeth, etc.*)

Did you know that smoking is not good for our heart? If you smoke or are around someone who is smoking, your heart and lungs can be damaged and will not work as efficiently. Today we're going to exercise our hearts by jumping rope while saying the following rhyme.

"Please be smart, Says your heart Smoking is something You shouldn't start"	Ponte buzo no empieces a fumar Aléjate del humo te grita el corazón.
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(Practice the rhyme as a class a few times then have the class jump rope while saying it.)

Activity from the American Heart Association:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305586.pdf