

# Heart Health

Support nursery children to understand the importance of keeping their heart healthy with this active learning and physical development activity.

---



## Learning Aims

- Physical Development
- Communication and Language
- Personal, Social and Emotional Development
- Mathematics
- Active Learning
- Creative and Critical Thinking.

## Resources

- An open space indoors or outdoors
- A range of large and small equipment that support physical activity
  - Climbing frame, slide, bikes, walking beams, tyres, balls, ropes, hoops
- Chalk
- Music.

## Activity Outline

- When standing or sitting still, ask the children to put their hand on their chest and feel their heartbeat
- Talk to the children about the importance of keeping our hearts healthy through physical exercise and eating healthy food
- Encourage the children to move their bodies

- If you're outside or if you have a large indoor place such as a hall you could ask them to run to a chalked line or specific object
- If space is an issue, encourage the children to jump up and down on the spot or dance around to some music for a few minutes
- Ask the children to stop and put their hand on their chest again to feel their heartbeat
- Ask the children if their heart is beating faster or slower than when they were standing still
- Support the children to recognise how their heart beats faster when exercising and how being active is good for their health.

## **Extension Activities**

You could create an outdoor or indoor obstacle course to help children to move in a range of different ways and engage their interest in being active.

## **Working with Babies**

Ensure non-mobile babies have plenty of tummy time to stretch and wiggle their limbs and be active. Putting interesting objects just out of babies reach will encourage them to move towards the object.