

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Heart Health Assessment	
Submitted by	SHAPE America Staff Member
National Standard(s)	Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Grade Level Outcome or Performance Indicator	7.2.1 Demonstrate healthy practices and behaviors that maintain or improve personal health.
Activity Objective	Students will be able to identify at least one way to keep their heart healthy.
Grade(s)	K-2
Materials	pencil
Activity Description	
See following page for assessment.	
Modifications	
<i>Include ways to modify this activity for advanced, lower level and inclusion students.</i>	
For older students let them fill in “Things I learned” section or leave blanks for students to fill in answers (e.g. “The heart is a _____.”). Add a question for students to explain why it is important to keep their heart healthy.	

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Heart Health ♥

Things I learned:

- The heart is a muscle.
- The heart is about as big as my fist. Its job is to pump blood throughout my body.
- Blood carries oxygen for my body to use.
- The more I move or exercise the more oxygen my body needs which makes my heart pump faster.
- To keep my heart strong I must exercise regularly and eat healthy foods.

One way I can keep my heart healthy: