

## Heart Health 2-5 Minute Run



The heart is a muscle and like any muscle it can become stronger through activity. Two to five minutes of running, jogging, or walking fast will make the heart beat faster and strengthen it. A person should set a comfortable pace so the body does not use more oxygen than the heart and lungs can supply. The objective of this activity is to have the kids demonstrate appropriate pacing through running while developing cardiorespiratory endurance.

### How To:

1. Line the kids up. Their goal is to score as many points as they can. Explain each time they run a lap it scores a point for their class.
2. Set the time
3. Keep count on a scoreboard or clicker
4. As a motivator, let the kids know periodically how many points they have
5. When finished, find the group's average by dividing the total number of laps by the number of kids. This motivates the kids to achieve higher averages next time.
6. Hold a discussion after about how they paced themselves, or what they felt worked best to pace themselves and what they want to try next time.