

# Class 1- Heart Smart

## Materials Needed for Today:

- Obstacle course equipment
- Upbeat music
- Cut out hearts (preferably foam for durability)
- Red beanbag

**Objective:** Children will learn that God created us with incredible HEARTS, how our hearts work, and how important our hearts are to our overall health. “Love the Lord your God with all your HEART and with all your soul and with all your strength.” Deuteronomy 6:5

**Introduction (7 min)** – You’ll want to get to know the kids on this first day. Start off by introducing yourself to each child and provide name tags if you like. When it’s time for class to start gather the children in a circle; “Welcome to Recess & Results<sup>®</sup> everyone! I am so glad you joined me today! We are going to have a great time getting to know each other and playing together! Right now we are going to take a moment to get to know each other’s names. When I roll the ball to you, say your name and then roll it back to me. I like super names best so I am going to be BEATING BETH because that describes the way God made me. You can use a super name too.” Allow everyone to create a super name.

**Warm Up & Stretch (7 min)** Next explain that you will begin each class with a warmup activity to get everyone’s blood moving. “Does anyone know how to play the game Follow the Leader? Great! We are going to use this game to warm-up today. For those who haven’t played just do what I do and have fun!” Play follow the leader allowing children to take turns being the leader.. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include: slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc. When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy.

**Explain and review class rules.**

**Water Break (stress the importance of being hydrated, remind children to bring their water bottles every class!)**

**Mini-Education (3 min):** February is HEART awareness month. The American Heart Association has dedicated this month to help people learn how important our hearts are to our overall health. So, today we are going to talk about our HEARTS. Everyone put your hand over your heart. Good, it’s in the middle of our chests, protected by our ribs – those funny bones you can feel all up and down the sides of your torso here” (show them). “And does anyone know what our heart does for us?” (Give time for them to answer if anyone has an idea) “Our heart is a muscle and its job is to pump blood to all parts of our body. Inside our blood is oxygen, which we take in by breathing (demonstrate this by taking a deep breath), and our heart is responsible for transporting that oxygen throughout our entire body. Oxygen is very important for our muscles, therefore our heart is very important and we need to take good care of it. Let’s talk about some exercises that strengthen our heart and help it do its job. Does anyone have any ideas?” List things such as running, jumping, walking, riding your bike, playing!, etc. “Great Job! Now let’s get moving to strengthen our hearts!”

## **Main Activities (25 min):**

**Musical HEARTS:** Using foam hearts (paper will do in a pinch), write a particular activity on each one (hop on 1 foot 10 times, 10 jumping jacks, do the robot, wiggle like a worm, flutter like a butterfly, crab walk, breakdance, etc) Lay the HEARTS face down in a circle. Start the music and play. It's just like musical chairs except when the music stops, children perform the activity on the heart that he/she is standing on. Keep going until the children have jumped on various HEARTS.

**Catch My Heart:** Have children spread out in a designated area. Begin the game by tossing a red bean bag (heart) underhand to a child. The child immediately passes the beanbag underhand to another child. Have them keep doing this swiftly until a child drops or doesn't catch the bean bag. He or she is out until another child becomes out. In this case, the two give each other a high five before the child who was out, is welcomed back into the game.

**Recess Review:** Boys and girls, you did a great job following directions for both of these games. Let's make sure we we also follow God's directions by obeying what it says in the Bible. Deuteronomy 6:5 says "Love the Lord God with all your HEART and and with all your soul, and with all your strength." Now, let's continue to strengthen our hearts and play a game of tag! - More specifically Hugs + Kisses Tag.

**Hugs + Kisses Tag:** This is played like bumper tag, A person who is "it" begins to gently bump other kids with their hips. When a child gets bumped they must stand with arms in an X symbol or an O symbol. The children who are Xs and Os can then gently bump each other to be freed and can jump back into the game. (NOTE: An "X" and an "O" can only free each other). Continue playing a couple of rounds by changing the person who becomes it.

## **Water Break**

**\*Recess Review:** Did you all have fun? Great! I did too! I want you to put your hand over your heart. Is it beating fast? Yes? This means we are really strengthening our HEARTS, right boys and girls? Also, not only are we learning to love the Lord God with all our hearts, but we are exercising our bodies by running around having fun with our friends! I like how you were seeking to help your friends out by freeing them when they got tagged. Helping others is a great characteristic that shows God that we love Him with all our HEARTS.

Often time when we think of a heart we think of the color "red." As a matter of fact, people often wear red during the month of February for heart awareness and even Valentine's Day. Hey... thinking about the color "red" let's play a game of Red Rover.

**Red Rover:** Divide children into two teams and have them line up about 30 feet apart or more. Have each team tightly hold hands. Each team calls out "Red Rover, Red Rover send \_\_\_\_\_ (children choose a name of a child from the opposite team) right over". The child that is called runs to the other team and tries to break through their joined hands. If the child breaks through then they take an opponent back to their side. If they can't break through they must join the other team. (NOTE: Emphasize that the children do not become rough as they try to break through their joined hands.)

**\*Recess Review:** You all did an awesome job breaking gently through our joined hands. This shows love and respect for

each other. Let's give each other High fives and have happy HEARTS!

### **Water Break**

**Cool Down / Stretch (7 min)** "The Hokey Pokey" - Before beginning the Hokey Pokey review with the children their right and left sides. Lead the children in a round of the Hokey Pokey (using music if you have it, if not, sing) then have them follow your movements as you stretch all those muscles again while reviewing their names.

**Wrap-Up (3 min):** A fun fact I want to share before we go... Did you know that newborn babies have the fastest HEART beats? Isn't that neat?!? I had a great time learning and playing with you today! Remember to "Love the Lord God with all your HEART and and with all your soul, and with all your strength." I can't wait to continue celebrating HEART Awareness month the next time we meet! \*\*Add closing prayer - Let the Lord lead you!

## Class 2 – Healthy Heart

### Materials Needed for Today:

- Obstacle Course Equipment
- Upbeat Music
- Food Picture Cards
- Foam/Paper hearts
- Buckets

**Objective:** Children will learn the importance of a healthy heart and the 4 steps to achieving a healthy heart by class discussion and playing a variety of games. 1 Kings 8:61 “And may your HEARTS be fully committed to the Lord our God.”

**Introduction (7 min)** – When it’s time for class to start gather the children in a circle; “Welcome back to Recess & Results® everyone! I am so glad you joined me today! Let’s start our class today by seeing if we can remember each other’s names, and if there are new friends that have joined us, let’s learn their names. Have kids stand in a circle, foot to foot. When I roll the ball to you, say your name and then say the name of a person you are rolling the ball to. Students should be in a lower squat position to play this game.

**Warm Up & Stretch (7 min)** Next explain that you will begin each class with a warm up activity to get everyone’s blood moving. Play follow the leader through the obstacle course, allowing children to take turns being the leader.. Add challenges to keep it entertaining. EXAMPLE: Instruct children to pay close attention and to freeze at the sound of the whistle. Once frozen – call out a new challenge. Challenges include: slow motion, speed racer, walking like a bear, turn around and go the opposite direction, slow motion again, etc. When you are ready to begin stretches have the children follow you into a circle and lead them through stretches of all major muscle groups making sure to name each muscle you are stretching. Then ask the children to repeat the name to help them learn more about their bodies. (hamstrings, quads, biceps, triceps, deltoids and abs) Be sure to also talk with the class during this time about the importance of stretching our muscles to keep our bodies strong and healthy. **Explain and review class rules.**

**Water Break (stress the importance of being hydrated, remind children to bring their water bottles every class!)**

**Mini-Education (3 min):** Last time we were together we learned that February is HEART awareness month. Who can show me where your HEART is located? Excellent! It’s located in the middle of our chest, protected by our ribs. Who remembers what the HEART does for us? Our heart is a muscle and its job is to pump blood to all parts of our body. Great memory! God designed each one of us with HEARTS and we want to make sure that we take care of them the best we can. There are actually 4 ways we can have a healthy heart. Show me your fingers as we count: 1) Choose heart-smart foods like veggies, fruit, fish, oatmeal, beans, brown rice to name a few 2) Get moving- Play!!! 3) Always say NO to tobacco 4) Laugh a lot and have fun so that our hearts are happy! The Bible says in 1 Kings 8:61, “And may your HEARTS be fully committed to the Lord our God.” Let’s commit to being kind to our hearts and fully commit them to God. Now let’s get our HEARTS pumping and play our first game!

### Main Activities (25 min):

**“Bee” Heart Smart:** Provide pictures of various “always” foods (oranges, blueberries, broccoli, carrots, bell peppers, beans, cantaloupe, oatmeal, brown rice, strawberries, sweet potatoes, etc.) that have rich nutrients and are good for our hearts as well as cards of “sometime” foods (cookies, french fries, donuts, etc.) These foods don’t have nutrients that make our hearts strong. Quickly review these with kids and then have them help you place the cards randomly on

the ground. Play upbeat music and have the kids buzz like bees or other motions like (skipping, jogging, flying,) around the designated area. When the music stops, children should stand by foods that are healthy for our hearts. If they happen to choose an unhealthy food, help them make a healthier choice by moving to an “always” food. Repeat a couple of times, having kids choose a different food each time.

**Recess Review:** Everyone did a wonderful job! I like how you all made good choices by choosing foods that are good for our hearts. Next we are going to play a fun game of tag!

**Silly Bananas:** Kids spread out around the play area. Everyone pretends to put on their banana skins. Select 1 or 2 kids to be the taggers. The kids must run around the area in order to avoid being tagged by the taggers. If a child is tagged he/she turns into a BANANA - hands together stretched out above their head. You stay a banana until another team mate frees them by ‘peeling’ him/her - pull one hand down and then the other. Play 2 to 3 rounds, each lasting 1-2 minutes in length - switching up the taggers each time. Changing the method of movement by skipping, hopping on 1 leg, side stepping, galloping.

**\*Recess Review:** Did you all have fun? Great! I did too! Not only are we learning about heart smart foods, we are exercising our bodies by running around having fun with our friends! Bananas are an excellent, “always” food that is good for our bodies. Let’s grab some water and move onto our next game!

#### **Water Break**

**Heart Beat Relay:** Put foam/paper hearts with a different activity written on each one such as (crab walk, skip, hop, giant leaps, bounce, light jog) in 2 separate buckets at one end of the room. Split players into teams. One at a time, a player from each team runs to the bucket and picks a heart. He/She then returns to their team by following the instructions on the chosen heart. Continue until everyone from one team has taken a turn, or until all players have had a chance to run and perform an activity.

**\*Recess Review:** Boys and girls, you had big HEARTS and showed love for your teammates by clapping and cheering them on. Also, our Bible verse today is “And may your hearts be fully committed to the Lord our God.” You were committed to not only cheering each other on but also committed to finishing the relay as a team. Way to go!

#### **Water Break**

#### **Cool Down / Stretch (7 min)**

**Xs and Os:** This is a version of Simon Says. A leader faces the players and calls out commands. "Hug" means hold your arms up over your head to form a circle (like the "O" in "XOXO" for kisses and hugs). "Kiss" means move into a jumping-jack position, with feet and arms out wide to form an X. Any other command means stay still or you are out. Play several short rounds so that several kids get a chance to be the leader and no one sits out for long.

**Wrap-Up (3 min):** My fun fact for the day... “Did you know that your heart beats around 100,000 times a day? That’s a lot, isn’t it?!? I had a great time learning and playing with you today! I can’t wait to show you some more of my favorite games next time! \*\*Add closing prayer - Let the Lord lead you!

OPTION: Give participants a paper heart to take home. Encourage them to write one way they can show someone else Jesus’ love.