

Heart Health Challenge

Be sure to **track all active minutes/laps** by scanning QR codes and/or manually give credit using our platform.


WHAT TO KNOW:

> **Heart Fact** take a minute to teach kids about the heart

> **Heart Tabata** is 20-sec work, 10-sec rest, 2 moves, repeat 5 times to total 5 minutes

 **Last Step:** Run a 'Grade Leaderboard' report



<p>HEART FACT Heart is a muscle, about the size of your fist.</p>	<p>COMPLETE A HEART-PUMPING ACTIVITY OF YOUR CHOICE</p>	<p>HEART TABATA Jump rope + High-Knees</p>	<p>TREAT YOUR HEART RIGHT Kids will walk or run for ___ minutes.</p>	<p>HEART FACT Heart is like a pump. It pumps blood throughout your body.</p>
<p>HEART CHECK Check your pulse. Standing-still then after 15 jumping jacks.</p>	<p>TREAT YOUR HEART RIGHT Kids can walk or run for ___ minutes.</p>		<p>HEART FACT Heart has 4 blood-filled chambers, two on each side of the heart.</p>	<p>COMPLETE A HEART-PUMPING ACTIVITY OF YOUR CHOICE</p>
<p>HEART FACT Blood vessels carry blood throughout the body. Arteries carry blood away from the heart & veins carry blood to the heart.</p>	<p>HEART BEAT IT Freeze Dance or Warm-up to "Happy" by Pharrell Williams</p>	<p>COMPLETE A HEART-PUMPING ACTIVITY OF YOUR CHOICE</p>	<p>TREAT YOUR HEART RIGHT Kids can walk or run for ___ minutes.</p>	<p>HEART FACT Healthy hearts make a "lub-dub" sound with each beat. The sound are valves in your heart opening and closing.</p>