



American
Heart
Association.



It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

Materials Needed:

- *Die/dice*
- *Room for students to move*

Activity: Roll and Move

This activity will absolutely get students moving and their heart rate up during indoor recess. It's easy and fun!

How to Play

1. Have students space out in classroom.
2. Write on the board what movement correlates with each number on die/dice (either 1-6 or 1-12).
3. Roll die/dice once and that determines how many of the correlating movement they will do. Roll die/dice again to determine movement.
4. Examples:
 - a. Roll a 1 – jumping jacks
 - b. Roll a 2 – arm circles
 - c. Roll a 3 – wall push ups
 - d. Roll a 4 – squats
 - e. Roll a 5 – plank
 - f. Roll a 6 – hand presses

Heart Fact of the Day: Your heart is made up almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds-roughly the weight of a compact car.