**Month:** February 2020

**Theme:** Healthy Heart: Lesson 7

**I. Objective of lesson**:

1. Ways to improve your heart health

2. Learn all the different ways to help your heart

3. keep tracking their movement and review their goals

**II. Activities and Key learning points: Time: 30 mins**

Activities and Key learning points

Red team (Center based program)

1. How do you work on having a healthy heart <https://www.youtube.com/watch?v=0-_-JBqnhHA>
2. What are fun ways to move <https://www.youtube.com/watch?v=xLL2F9UHE-A>
3. Do 2 fun activities from the resources list
4. Plan dance party
5. Music
6. Healthy Snacks
7. Tracking your movement and review you movement goals . Place a sticker in your binders to on moving and see how many stickers you can get this month
8. Have a discussion on how they can do this at home and in their community . if they do complete one at home have them record it in their binder

Blue team (Center/community based programs)

1. How do you work on having a healthy heart <https://www.youtube.com/watch?v=0-_-JBqnhHA>
2. What are fun ways to move <https://www.youtube.com/watch?v=xLL2F9UHE-A>
3. Do 2 fun activities from the resources list
4. Plan dance party or fun movement event
5. Music
6. Healthy Snacks- Have a discussion on healthy snacks to have.
7. Tracking your movement and review you movement goals . Place a sticker in your binders to on moving and see how many stickers you can get this month
8. Have a discussion on how they can do this at home and in their community . if they do complete one at home have them record it in their binder

Green Teams (Community Based)

1. How do you work on having a healthy heart <https://www.youtube.com/watch?v=0-_-JBqnhHA>
2. What are fun ways to move <https://www.youtube.com/watch?v=xLL2F9UHE-A>
3. Do 2 fun activities from the resources list
4. Plan dance party or fun movement event
5. Music
6. Healthy Snacks- Have a discussion on the healthy snack you should have
7. Tracking your movement and review you movement goals . Place a sticker in your binders to on moving and see how many stickers you can get this month
8. Have a discussion on how they can do this at home and in their community. if they do complete one at home have them record it in their binder

**IV. Supplies needed**

1. Videos
2. Equipment for activities
3. Binders

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)