**Month:** March 2020

**Theme:** Healthy Heart: Lesson 6

**I. Objective of lesson**:

1. What it means to have a healthy heart

2. Explore ways to have a healthy Heart

3. Ways to track movement to assure you have a healthy heart

**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=BafdhZhSsHM>
2. Explore ways to getting our hearts beating
3. Fun with movement, walking, dancing, yoga
4. Tracking your movement. Place a sticker in your binders to on moving and see how many stickers you can get this month

Blue team (Center/community based programs)

1. How do you work on having a healthy heart <https://www.youtube.com/watch?v=BafdhZhSsHM>
2. Explore ways to getting our hearts beating
3. Have a discussion on ways you can get you heart beating.
4. Take pulse prior to exercise and after and compare. <https://www.wikihow.com/Check-Your-Pulse>
5. Fun with movement, walking, dancing, yoga, games
6. Tracking your movement. Place a sticker in your binders to on moving and see how many stickers you can get this month

Green Teams (Community Based)

1. How do you work on having a healthy heart <https://www.youtube.com/watch?v=BafdhZhSsHM>
2. Explore ways to getting our hearts beating
3. Have a discussion on ways you can get you heart beating.
4. Take pulse prior to exercise and after and compare. <https://www.wikihow.com/Check-Your-Pulse>
5. Have someone lead an activity to get heart moving
6. Fun with movement, walking, dancing, yoga, games
7. Tracking your movement. Place a sticker in your binders to on moving and see how many stickers you can get this month

**IV. Supplies needed**

1. Videos- Heart health tips and how to check your pulse.
2. Equipment for activities
3. Watch to check pulse

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)