

KIDS TAKE HEART OVERVIEW

A health & fitness curriculum for 3rd-5th grades aligned with national and state standards.



Kids Take Heart™

Goal: Increase students' participation in healthy behaviors.

- Objectives:**
1. Identify components, functions and diseases of the cardiovascular (circulatory) system.
 2. Recognize and evaluate risk factors, warning signs and prevention strategies.
 3. Create and implement a personal wellness (disease-prevention) plan.

Units	Goal 1	Goal 2	Goal 3
Anatomy	Heart = Muscle Circulation Simulation	Lard Lesson Sticky Blood	
Fitness	Finding Your Pulse Heart Parts Carbon Chaser	How's Your Breathing?	Food Relay Falling Fork Estimated Calorie Requirements
Nutrition		Portion Distortion Food = Fuel Gregory, The Terrible Eater	Eyeball Estimates
Stress/Self-Esteem/Goal-Setting		What is Stress? Emotions Behind Stress Self-Esteem	Forgiveness & Turning the Tide Attitude Check Self-Care Assessment Goal-Setting Lesson



Lesson/Activity Titles

Visit www.kidstakeheart.org for a synopsis of each lesson.