

Heart Power! Fun with Aerobics

What We'll Learn Today!

Today, we're going to become Heart Heroes! We'll learn all about a super type of exercise called 'aerobics' that makes our hearts strong and gives us lots of energy.

Let's Talk: What is Aerobics? (5 minutes)

Have you ever run around until you were breathing a little fast and your heart was beating like a drum? That's kind of like aerobics!

- **Aerobic** means "with air" or "with oxygen."
- **Aerobic exercise** is any activity that gets your heart pumping faster and makes you breathe harder for a while. It uses oxygen to give your muscles energy!
- Think of it as a workout for your heart and lungs.

Why Be a Heart Hero? Benefits of Aerobics! (5 minutes)

Doing aerobic exercise helps our bodies in amazing ways:

- **Super Strong Heart:** Just like lifting weights makes arm muscles stronger, aerobics makes your heart muscle stronger!
- **Energy Boost:** It can actually give you MORE energy to play and learn.
- **Happy Mood:** Exercise can make you feel happier!
- **Healthy Lungs:** Helps your lungs work better.

Types of Awesome Aerobics (5 minutes)

You can do aerobics almost anywhere! Here are some fun examples:

- Running or jogging
- Jumping jacks
- Dancing to music
- Swimming
- Riding your bike
- Playing tag
- Skipping rope

Can you think of any others?

Get Moving! Aerobics Action Time! (15 minutes)

Let's try some! Make sure you have some space and your water bottle nearby. We'll play some upbeat music!

1. **Warm-up (2 minutes):** Let's wake up our muscles! March in place, do some arm circles (forward and backward), and gentle leg swings.
2. **Aerobic Fun (10 minutes):** Follow along!
 - Jumping Jacks (30 seconds) - Rest (15 seconds)
 - Running in place, high knees! (30 seconds) - Rest (15 seconds)
 - Imaginary Jump Rope (30 seconds) - Rest (15 seconds)
 - Dance Party! (Freestyle dance to the music - 2 minutes)

- Repeat Jumping Jacks, Running in Place, Imaginary Jump Rope set.
 - More Dancing! (2 minutes)
3. **Cool-down (3 minutes):** Slow down. Walk slowly around your space. Do some gentle stretches: reach for your toes (don't bounce!), stretch your arms overhead, stretch your leg muscles (quads and hamstrings). Take deep, slow breaths.

Heart Check! (5 minutes)

Remember how aerobics makes your heart beat faster?

1. Gently place two fingers (not your thumb) on the side of your neck or on your wrist.
2. Can you feel your pulse? That's your heartbeat!
3. Right after exercising, it feels fast, right? That's because your heart worked hard to send oxygen to your muscles.
4. As you rest, it slows down again.

It's important to drink water after exercising!

Wrap Up & Review (5 minutes)

Great job being a Heart Hero today!

- What does 'aerobic exercise' mean? (Activity that makes your heart beat faster and you breathe harder.)
- Can you name one reason why aerobics is good for you? (Makes heart strong, gives energy, improves mood.)
- What was your favorite aerobic move we did today?

Optional Activity: Draw a picture of yourself doing your favorite aerobic activity!