

## Early Childhood Students Have Heart



It was great fun learning about the heart in Physical Education. Students learned that the heart is actually a muscle that should be exercised to remain strong. We also discussed the importance of diet and the role it plays in keeping our heart healthy. Students learned the pathway of the blood and got to listen to a classmate's heartbeat. We used paper tubes for stethoscopes. Students ran a few laps around the gym to increase their heart rate and a partner placed a paper tube over a friend's heart to listen to the beat. Students were surprised at how loud the heart was and how fast it was beating. Children compared the beats to a resting heartbeat and could clearly tell the difference. This was an interesting unit of study.



Please visit the link below for more pictures of this activity.

<http://picasaweb.google.com/kathywagnerpe>