

## **PE Activity: Jump Rope Rhymes**

### **Supplies Needed for a Class of 25:**

- Jump ropes

### **Length of Time to Complete:**

- 8 minutes to introduce activity and learn the rhymes
- 10 minutes to jump rope

### **Audience (grades):** 2nd and 3rd

### **Lesson:**

This month you learned that exercise helps your body stay healthy! It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease, and enables you to maintain a healthy weight.

Who remembers how long you should exercise or play actively every day to build a strong, healthy body? (*60 minutes*) What are some of your favorite ways of exercising?

What are some other things we can do to keep our body healthy? (*Eat mostly Go Foods, drink water, get enough rest, brush our teeth, etc.*)

Did you know that smoking is not good for our heart? If you smoke or are around someone who is smoking, your heart and lungs can be damaged and will not work as efficiently. Today we're going to exercise our hearts by jumping rope while saying the following rhyme.

#### The No Smoking Rhyme:

"Please be smart      "Ponte buzo  
Says your heart      te grita el corazón  
Smoking is something Aléjate del humo  
You shouldn't start"      no empieces a fumar"

#### The No Secondhand Smoke Rhyme:

"We're not joking.      "Deja de bromear  
We don't like smoking.      No vamos a jugar  
It ruins our air.      Para cuidar, tu aire y el mío  
That's why we care."      ¡Deja de fumar!

**(Practice the rhymes as a class a few times then have the class jump rope while saying it.)**

Activity from the American Heart Association: [http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_305586.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305586.pdf)