

Let's Get Active

at Home

This *Let's get active*
award book belongs to:

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Week 1

This week's theme:
Get to know your heart

Challenge yourself to do at least 60 minutes of physical activity every day this week



**Irish Heart
Foundation**

Welcome!

All children and young people need at least **60 minutes of physical activity every day** for health. This can be difficult without the things that usually add to these daily 60 minutes such as walking to school, PE, sports training or playing with friends.

It's more important now than ever to keep active and stay healthy, both for your body and your mind! That's why the Irish Heart Foundation have created the **Let's Get Active (at home) Challenge** to help and encourage you to achieve your daily recommended amount of physical activity at home.

Each week, we will challenge you to do at least 60 minutes of physical activity. Everyone who achieves their goal of 60 minutes every day for a week will receive a printable **certificate of achievement**. Don't worry if you don't reach 60 minutes every day in the first week - we'll have 4 weeks of challenges with a different theme each week. Focus on building up your physical activity gradually and most importantly, have fun! 😊

What is the Challenge?

- Get active for **60+** minutes every day (Why not break the 60 minutes into short bursts?)
- Move more, sit less
- Try new activities
- Have fun

Try to include:



Muscle strengthening activities



Flexibility exercises



Bone strengthening activities



Aerobic activity

Ready?
Let's get started!

This booklet contains tips and ideas for getting active, as well as bonus activities like games, crafts, mindfulness and recipes.

This week, our theme is "**Get to know your heart**" so the activities are themed around the heart.

Don't forget to keep track of your physical activity every day using the **chart at the back of the booklet**. Why not stick this chart on the fridge or somewhere you will see it every day?

We'd love to hear how you're getting on with the Get Active Challenge! Ask an adult to help you share your ideas for getting active and ways you've used your booklet.



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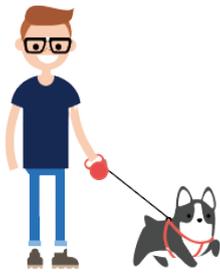
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WHAT IS PHYSICAL ACTIVITY?

Physical activity is **any** body movement



General Activity

- Walking
- Playing with pets
- Climbing the stairs
- Doing housework

Exercise

- Running
- Skipping
- Dancing
- Yoga

Sport

- Kicking a ball around the garden
- Practicing skills
- Playing a match with your family



WHY BE ACTIVE

BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Healthy heart
- Strong bones
- Improves mood
- Reduces stress
- Healthy weight



60
MINUTES



60 minutes doesn't need to be done all in one go. This can be broken down into smaller blocks of **10 minutes** of physical activity **throughout the day.**

Children and young people need at least **60 minutes** of physical activity **every day** for health benefits.



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Let's get active at home

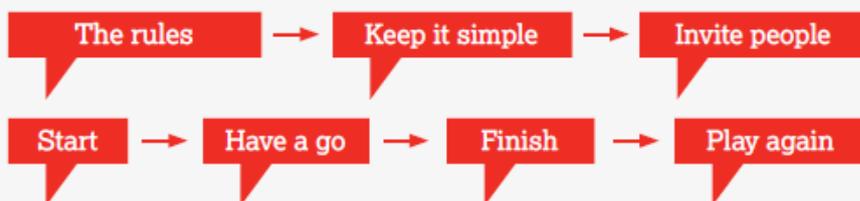
- Play volleyball with a balloon over the washing line
- Dance to your favourite music
- Set up an obstacle course for the whole family in the house or garden
- Play hopscotch
- Practice different balances
- Act out your favourite film or play

Try

- Jogging
- Stretching
- Flickr bike
- Taking the dog for a walk
- Make a human alphabet. How far can you get?
- Throwing and catching a ball
- Play follow the leader
- Jumping Jacks



Make up a new active game, and play it with a friend, brother, sister, or parent. Think about ...



The Heart

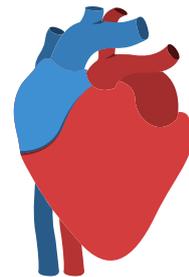
Your heart is to left of the middle of your **chest**.



It is about the same size as your **fist**.

The heart is made of strong **muscle**.

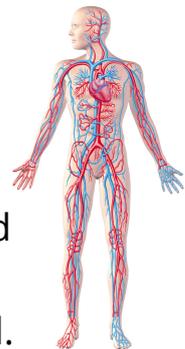
When your heart beats it is **pumping** blood to reach every part of your body.



Blood vessels are tiny tubes that carry blood to and from the heart all around the body.

We have two main kinds of blood vessels called **arteries** and **veins**.

- **Arteries** carry blood away from the heart. Arteries are red.
- **Veins** carry blood to the heart. Veins are blue.



Did you know?

Your heart beats over 100, 000 time per day!





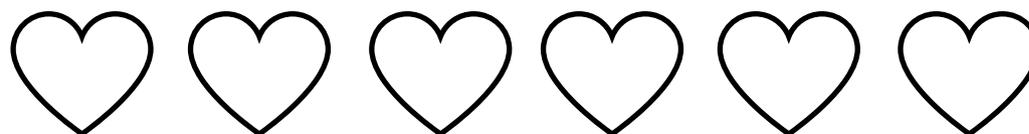
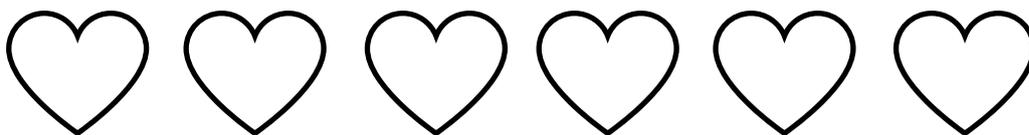
Repeating Patterns

What will the next shape be in these patterns?
For each line, draw the shape that comes next in the box.

Design your own patterns.

Colour each line of hearts below in a pattern using colours of your choice.



Measuring Heart Rate

Know your
Heart

- When we are active, the heart pumps faster to help blood move around our bodies more quickly.
- As the heart beats and pumps blood around your body, you can feel a slight throbbing or thumping in some parts where an **artery** (blood vessel carrying blood from the heart around the body) comes close to the surface of your skin.
- This is called your pulse.
- Checking your **pulse** can tell you how fast your heart is beating; this is called your **heart rate**.
- The heart rate is measured in **beats per minute**, sometimes shortened to **BPM**.
- There are two main places where the pulse can be felt; the neck and the wrist.

Taking Your Pulse

Neck

- Put two fingers of your left hand onto the side of the windpipe in your throat.
- Push down gently and you will find your pulse which feels like a small 'thump' (you can feel it going up and down).
- It can be a bit tricky to find, so you may have to try moving your fingers around to find the right spot.



Wrist

- Using the pointer and middle fingers of your right hand, slide from the base of your left thumb (the squishy part of your palm) to where your hand meets your wrist.
- You might need to move the fingers around until you find the right spot.



Note: Make sure to use your fingers to take your pulse and not your thumb.

When you have found the pulse, count how many times you feel it while timing 30 seconds. Multiply your score by 2 to calculate your heart rate in beats per minute (BPM).

Try the experiment on the next page to see how physical activity affects your heart rate.



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Pulse Experiment

Know your Heart

How does physical activity affect the heart rate?



You will need:
Stopwatch or timer
Pen or pencil



Step 1: Begin by finding your **resting heart rate**. This is how fast your heart is beating each minute when not doing physical activity. Sit down for one minute and relax.

Step 2: Set a timer for 30 seconds and take your pulse on the wrist or neck. Record this number in the table below and multiply it by 2 to calculate your resting heart rate.

Step 3: Jog on the spot for 30 seconds. Set your timer and take your pulse again for 30 seconds. Record and calculate beats per minute.

Step 4: Rest for one minute to allow your heart rate to slow down again.

Step 5: Continue doing the actions in the table below for 30 seconds, then taking your pulse to find BPM. Ensure you take one minute of rest after each time you take your pulse.

Name of activity	Length of activity	Beats counted in 30 seconds	Heart rate Beats per minute (BPM) <i>Multiply by 2 to calculate beats in 60 seconds</i>
Sitting	60 seconds		X 2 = _____ BPM
Walking	30 seconds		X 2 = _____ BPM
Throwing and catching a ball	30 seconds		X 2 = _____ BPM
Stretching	30 seconds		X 2 = _____ BPM
Star jumps	30 seconds		X 2 = _____ BPM
Running as fast as possible on the spot	30 seconds		X 2 = _____ BPM

Resting heart rate

- Which actions resulted in the highest heart rate?
- Which resulted in the lowest?
- Why do you think this might be?



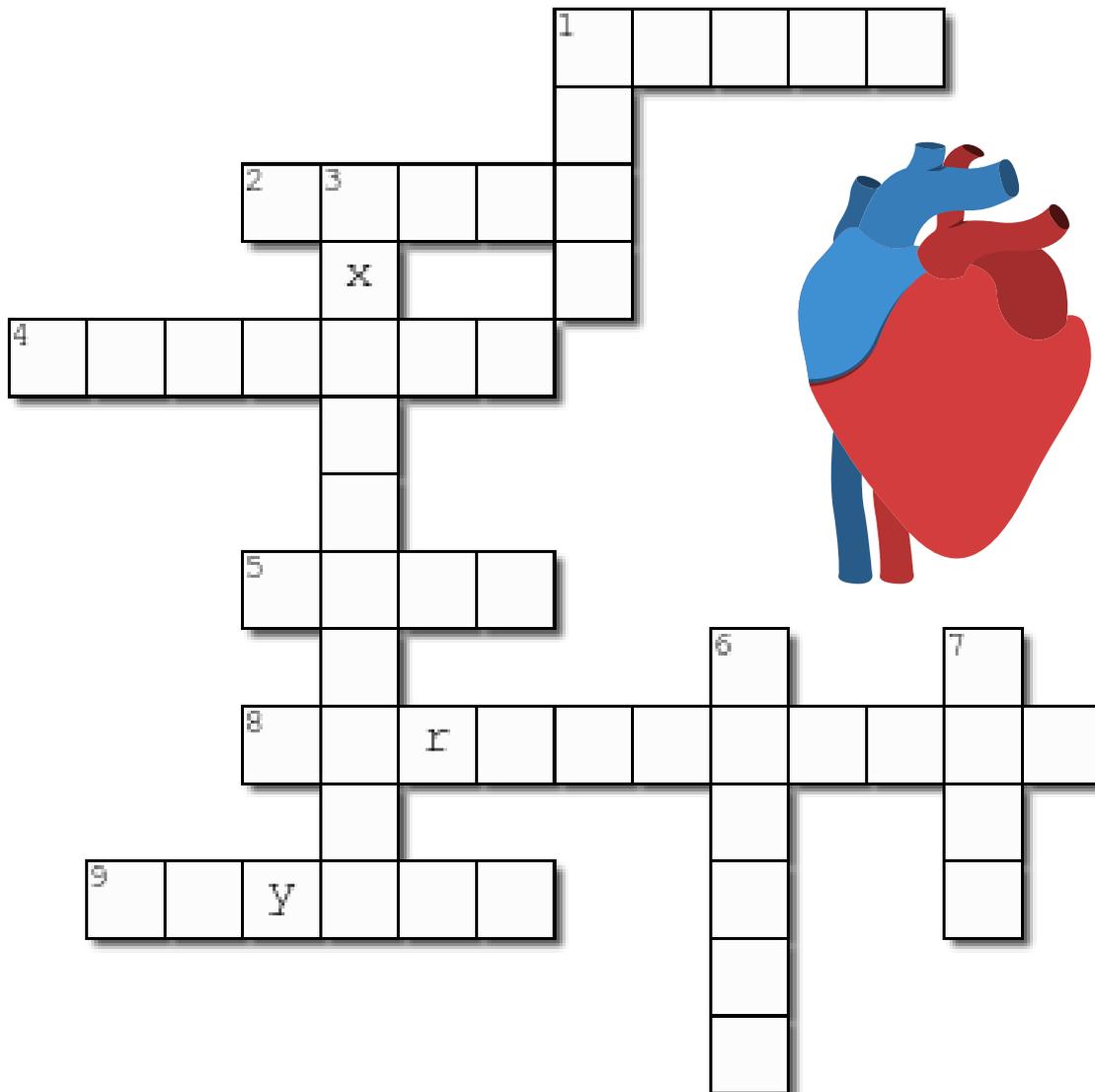
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Heart Crossword

*Know your
Heart*

Test your knowledge of the heart and learn some new facts with this crossword.
Use the internet to research any answers you are unsure of.



Across

1. What mammal has the largest known heart?
2. These are tubes that carry blood back to the heart.
4. What organ removes waste from blood?
5. The average size of a heart is the same as a?
8. The movement of blood through the heart and body is called what?
9. With circulation, the heart provides your body with?

Down

1. What living creature has the smallest known heart?
3. You can keep your heart strong by doing what?
6. What parts act like doors that control blood flow in the heart?
7. How many chambers does the heart have?



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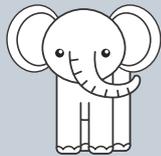
Animal Moves

This active game can be played on your own or with family and contributes to your goal of **60 minutes of physical activity per day.**

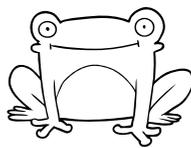
Below are 4 suggestions for different ways to play.

No equipment: Close your eyes and point to one of the animals on the page at random. Complete the move of that animal for 20 seconds.

Floor toss: Print (or write or draw) out the different moves on separate sheets of paper. Arrange the pages on the floor. Throw a beanbag or other small object to the pages and complete the move it lands on for 20 seconds.



Stomp like an elephant



Jump like a frog



Star jump like a starfish



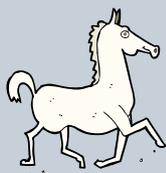
Hop like a bunny



Flap like a bird



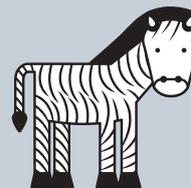
Stand on one foot like a flamingo



Gallop like a horse



Side-step like a crab



Kick like a zebra

Use a deck of cards: Choose your 4 favourite moves and assign a move to each suit (e.g. Spades = Star jumps). Draw a card from the deck and complete the move for that suit the number of times on the card (i.e. 4 of spades = 4 star jumps). Make a rule for picture cards.

Use dice: Choose your favourite 6 moves and give each move a number 1-6. Roll the dice and perform the move for 30 seconds. For extra challenge, use 2 dice; come up with 2 extra moves of your own and number the moves 2-12.



Top 10 Beanbag Ideas

Get Active

One simple piece of equipment, hours of entertainment. Try some of the following activities at home to help achieve your daily goal of **60 minutes of physical activity**.



Don't have beanbags at home? Use a balled-up pair of socks, or make your own beanbag using a sock filled with dried rice, lentils or beans. Ask an adult to help sew or glue the sock shut, or tie the opening in a knot.

1) Balance the beanbag on different parts of your body.

2) Throw and catch the beanbag in different ways, either solo or with a partner (e.g. clap once before catching, clap twice before catching, clap once and spin around before catching, throw under one leg, throw backwards etc.)

3) See how far you can throw the beanbag. Mark your distance and see if you can throw it further each time.



4) Make an obstacle course and try to complete it while balancing the beanbag on your head, or while throwing and catching the beanbag.

5) Throw the beanbag in the air and try to catch it using different parts of your body.

6) Make different targets for throwing the beanbag into (e.g. buckets, plastic bowls, clothes basket, paper plates). Assign a different number of points to each target. Write down how many points you score for each throw and calculate your total score. See if you can beat this score next time.

7) Make a line on the floor with masking tape (inside) or chalk (outside). Walk along the line like a tightrope walker, keeping the beanbag balanced on your head.



8) Place the beanbag between your knees and see how many jumps you can do without dropping it. Or have a 'beanbag between the knees' race.

9) Arrange empty plastic bottles or toilet/kitchen roll tubes in lines like bowling pins and throw beanbag from a distance to try to knock them over.

10) Place the beanbag on your foot without bending your upper body. See how high you can lift your leg in front and to the side while keeping the beanbag on your foot. See how far you can walk while keeping the beanbag on your foot. Then try with the other foot.



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Healthy Happy Heart

Know your Heart



Eat lots of fruits and vegetables



Be active



Choose wholegrains



A healthy heart is a happy heart! Here are some things you can do to keep your heart healthy



Limit intake of added sugars



Eat oily fish



Flavour foods with herbs and spices instead of salt



Include heart healthy fats



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Easy Cheesey Quesadilla

Get
Cooking

These quesadillas (pronounced 'kay-sa-dee-ahs') can be filled with your favourite veggies and make a great snack. Serve with fruit of your choice on the side for a yummy lunch. Make sure to ask a grown up for help preparing vegetables and using the oven.

- ✓ Wash your hands well with soap and water before preparing food.
- ✓ Only use cooker and knives under the supervision of an adult.

Ingredients:

- 1 wholewheat tortilla wrap per person
- Grated low fat cheese
- Veggies of your choice (e.g. sliced bell peppers, tinned sweetcorn, finely chopped onion, sliced mushrooms)

You will need:

- Oven
- Baking tray
- Greaseproof paper
- Scissors
- Oven gloves
- Tongs, spatula or lifter



Preheat the oven to 180°C (Gas mark 4)

1. Cut a length of greaseproof paper and place on the baking tray.
2. Place the tortilla wrap flat on the baking tray on top of the paper.
3. Sprinkle grated cheese on the tortilla.
4. Arrange veggies across one half of the tortilla.
5. With the help of an adult, place the baking tray in the oven and cook for 5 minutes.
6. When the cheese has melted, carefully remove the tray from the oven using oven gloves.
7. Use the tongs, spatula or lifter to fold the tortilla in half to create a semi-circle.
8. Cut the quesadilla in half and serve with a side of fruit or carrot sticks.



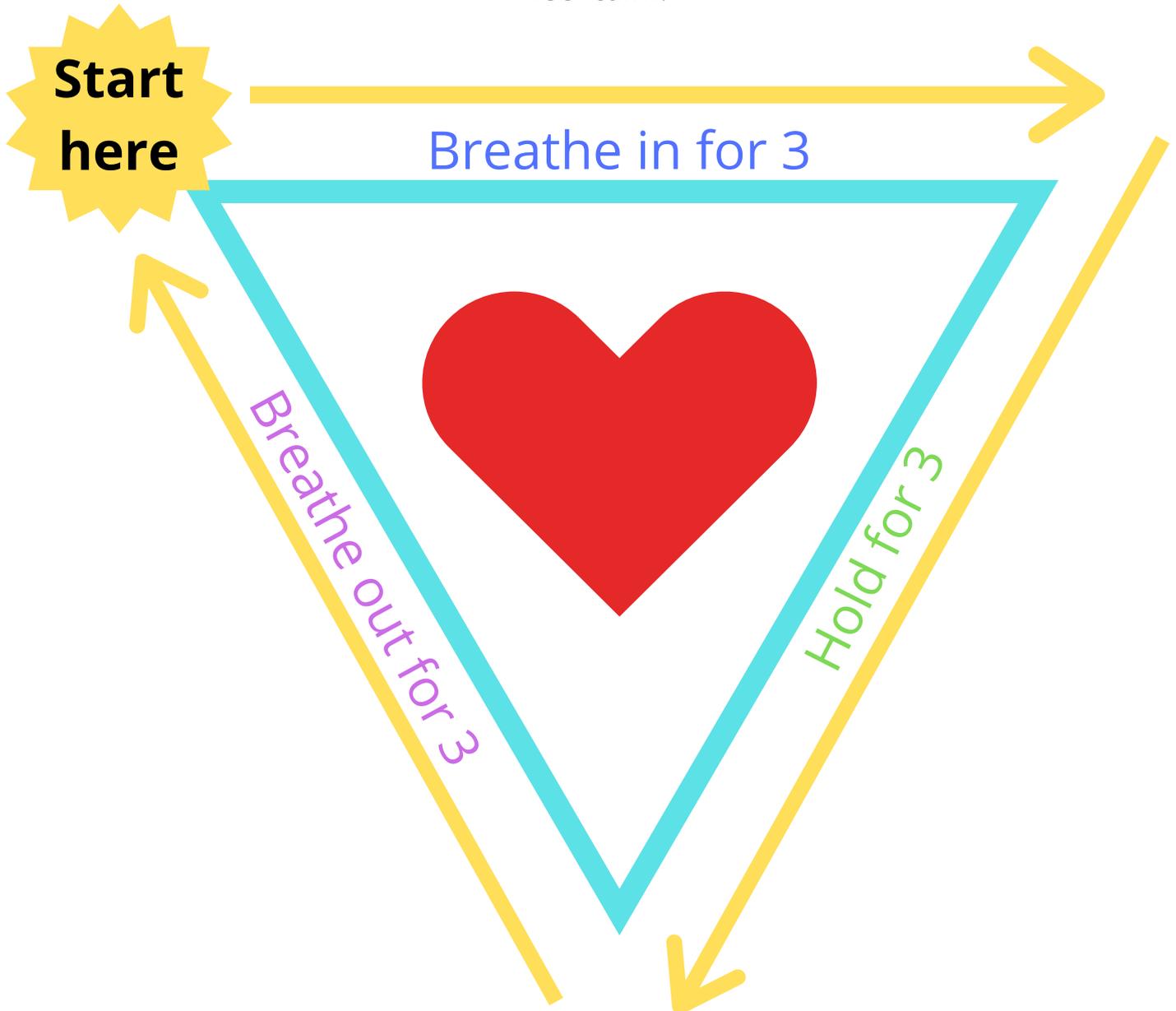
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Triangle Breathing

Mindfulness

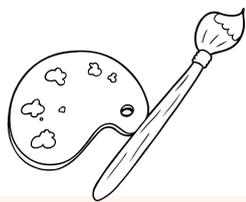
Sometimes when we have a lot of feelings we can feel stressed. Our heart might beat very fast and we might breathe quickly, even when we are at rest. Practicing mindfulness by taking deep breaths and focusing on our breathing can help us to feel more relaxed and happier. Try this breathing exercise to help you relax and feel calm.



- Place your finger at the top left of the triangle.
- Trace your finger across the line as you breathe in while counting to 3 in your head.
- Then hold this breath for 3 counts as you trace your finger down the line.
- Breathe out for 3 as you trace your finger up the line.
- Repeat until you feel relaxed.



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Make a Heart Mobile

Get
Creative

This beautiful heart mobile brightens up any room. Use your favourite colours and decorate any way you like.

Why not hang in your front window to show your friends and neighbours you are thinking of them? Ask an adult to share a photo of your artwork or check out other creations on Twitter using the hashtag **#showsomeheART**

You will need:

- A paper plate
- Thick paper or card (check the recycling bin for a cereal box)
- Scissors
- Paint, markers or crayons
- Sticky tape
- Thread, string or wool

Step 1: Paint or colour one side of the paper plate. (If you want, you can also paint the other side, just make sure the first side is dry)

Step 2: Cut out lots of hearts from the paper or card.

Step 3: Decorate your hearts.

Step 4: When the paint on the plate is dry, cut plate into a swirl shape.

Step 5: Cut lots of different lengths of thread. Use the sticky tape to stick these to the middle of the hearts.

Step 6: Tape the other end of the thread of each heart to different points along the swirl.

Step 7: Hang your lovely new mobile in your house. If you want to show us your creation make sure an adult takes a photo and shares on Twitter with hashtag #showsomeheART

Note: Use what you have. No paper plate? No problem! Hang the hearts from a clothes hanger or make a base from cardboard or sticks. No card or thick paper? Cut out heart shapes from magazines or newspaper for interesting colours and patterns.



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Track your
progress

Let's Get Active at Home



1

Every day, cross off or shade in a circle each time you do 10 minutes of activity.

2

If you do more than 60 minutes on a day, write your extra minutes in the big yellow box.

3

At the end of the week, add up your total minutes of activity.

4

Write down all the activity you do during the week in the boxes.

5

Try to improve on your weekly totals each week by spending more time on your favourite activities.



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Let's Get Active at Home

Track your
progress

- Use this chart to keep track of your daily physical activity.
- Each day, colour in a circle for every 10 minutes of physical activity that you complete.
- Make sure to write in any extra minutes that you achieve and calculate your total each day.

MONDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
TUESDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
WEDNESDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
THURSDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
FRIDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
SATURDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>
SUNDAY	Extra Minutes	Total Minutes
10 — 10 — 10 — 10 — 10 — 10	<input type="text"/>	<input type="text"/>

Well done!

WEEKLY TOTAL

Minutes



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How have you been active this week?

Track your
progress

Activities I did this week:

Something new I tried:

A challenge I overcame this week:

Parent Signature:

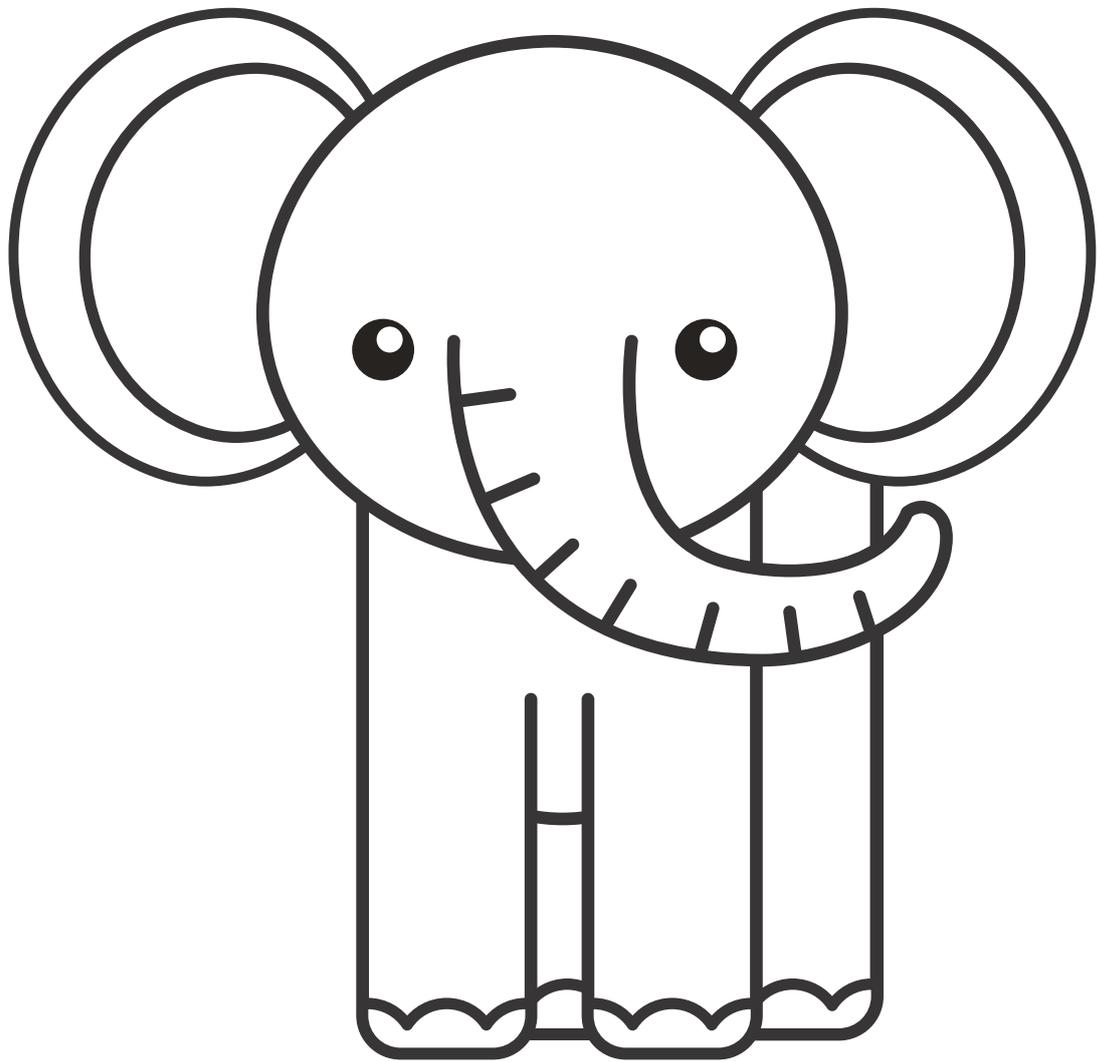


*Let's get active
Let's stay active*

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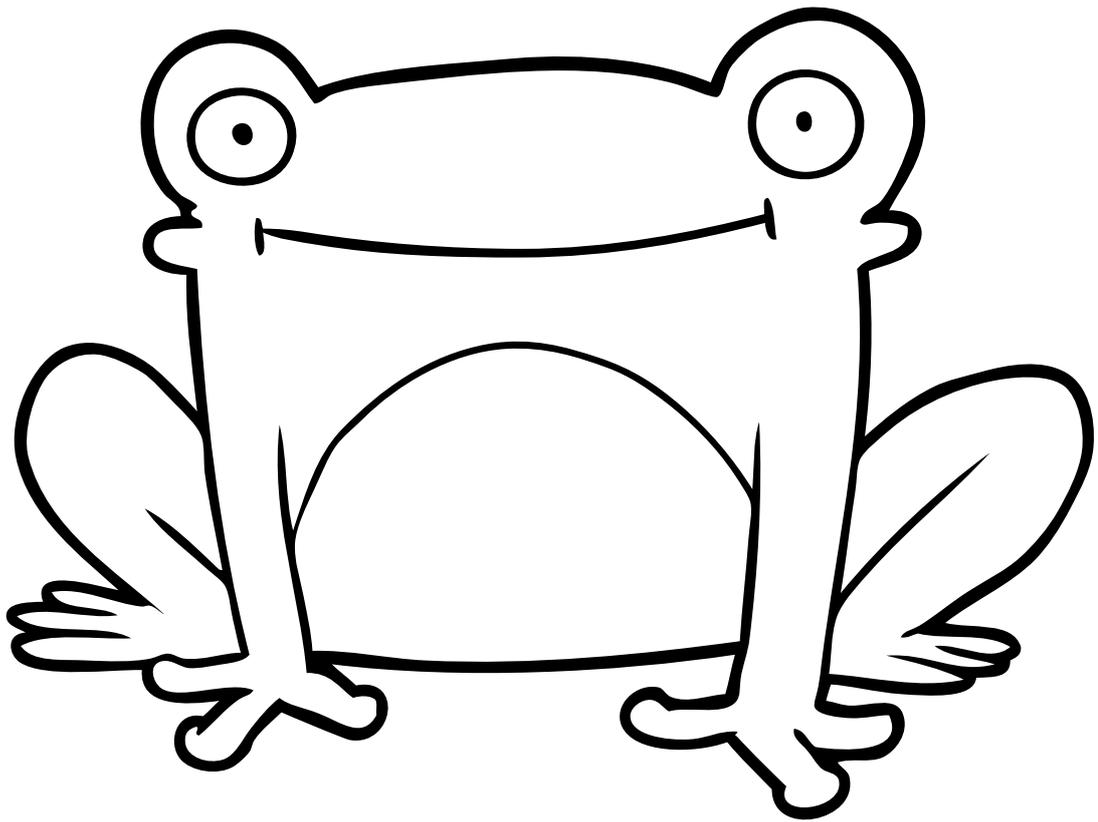
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**Stomp
like an elephant**



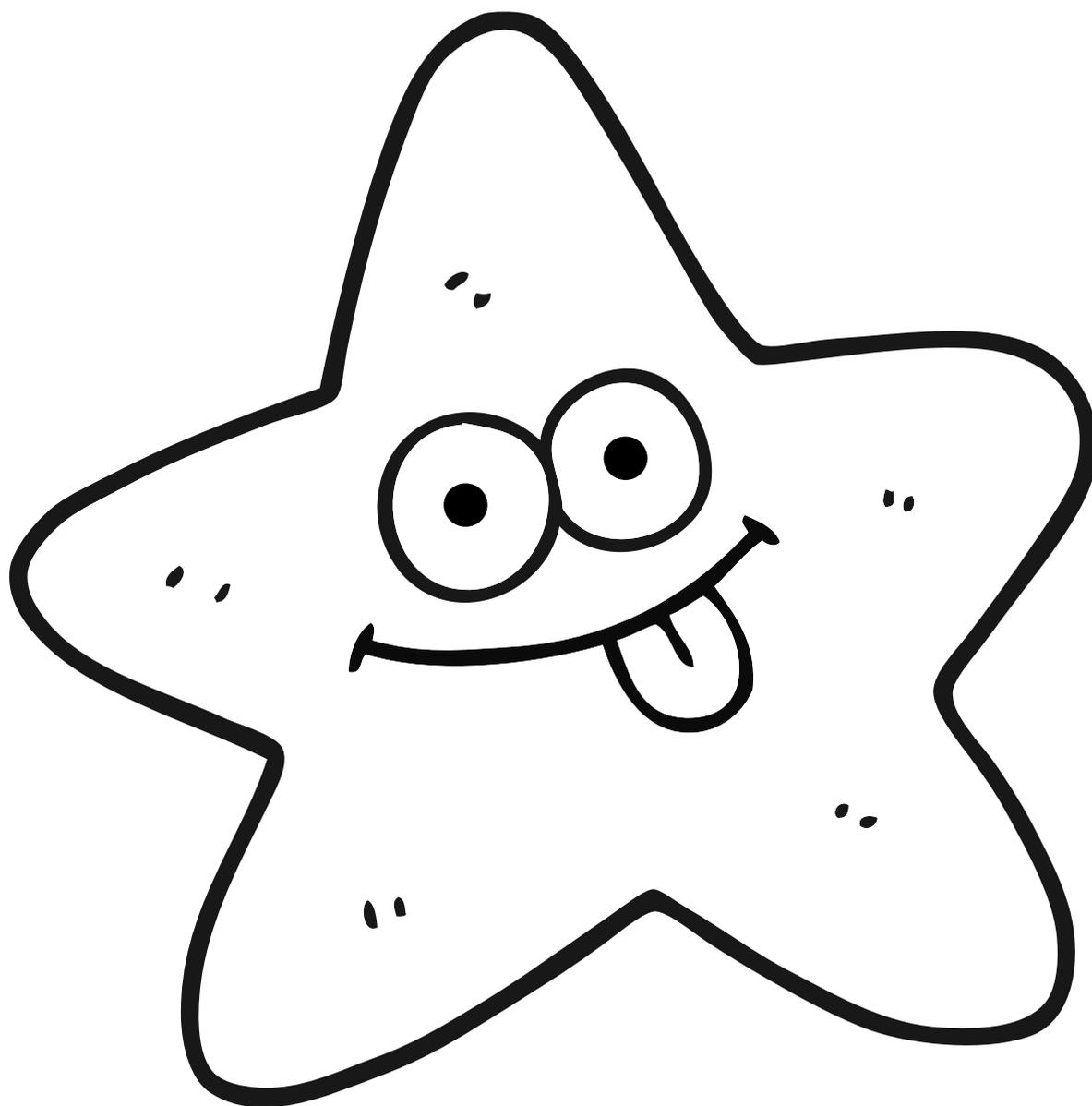
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**Jump
like a frog**



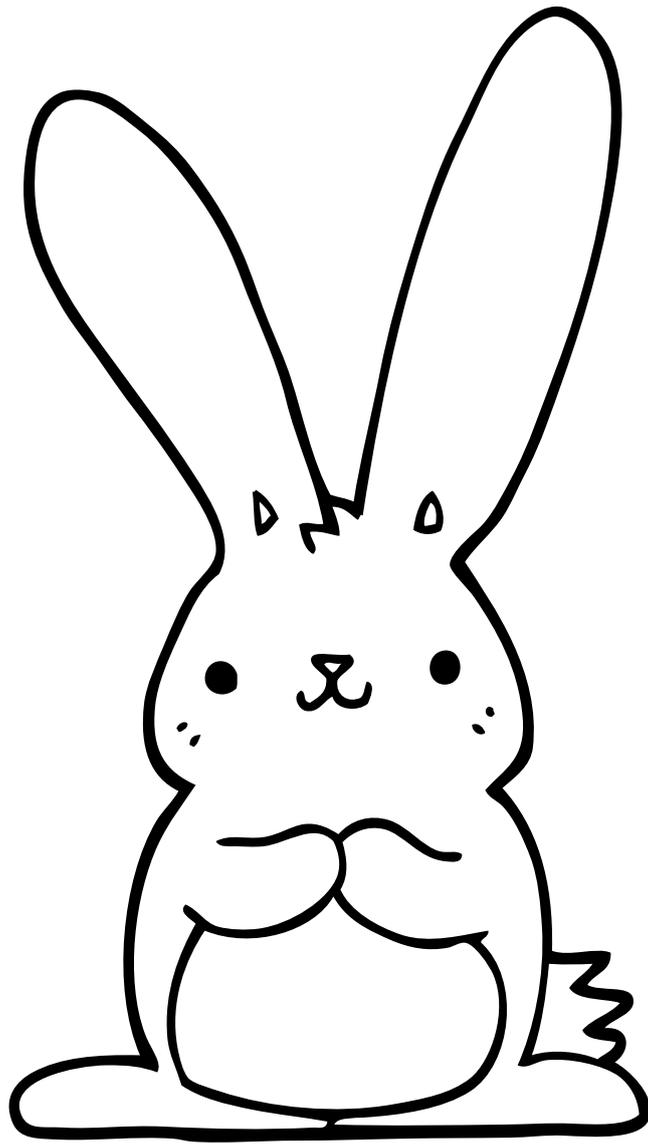
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**Star jump
like a starfish**



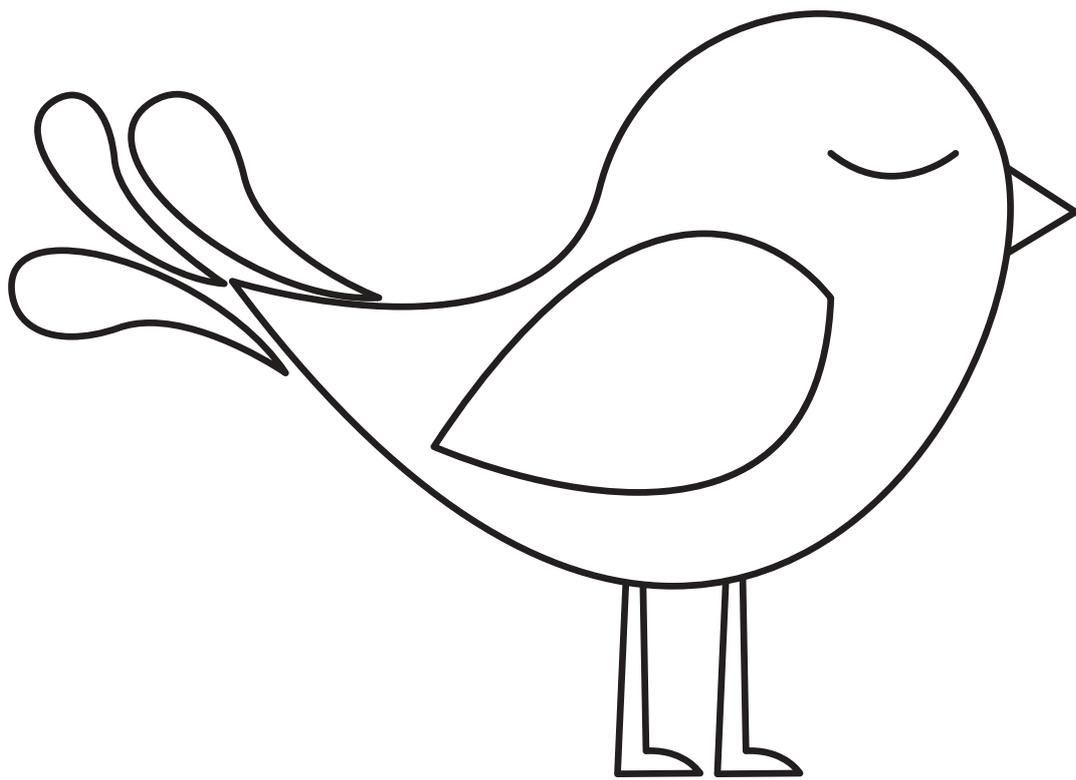
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**Hop
like a bunny**



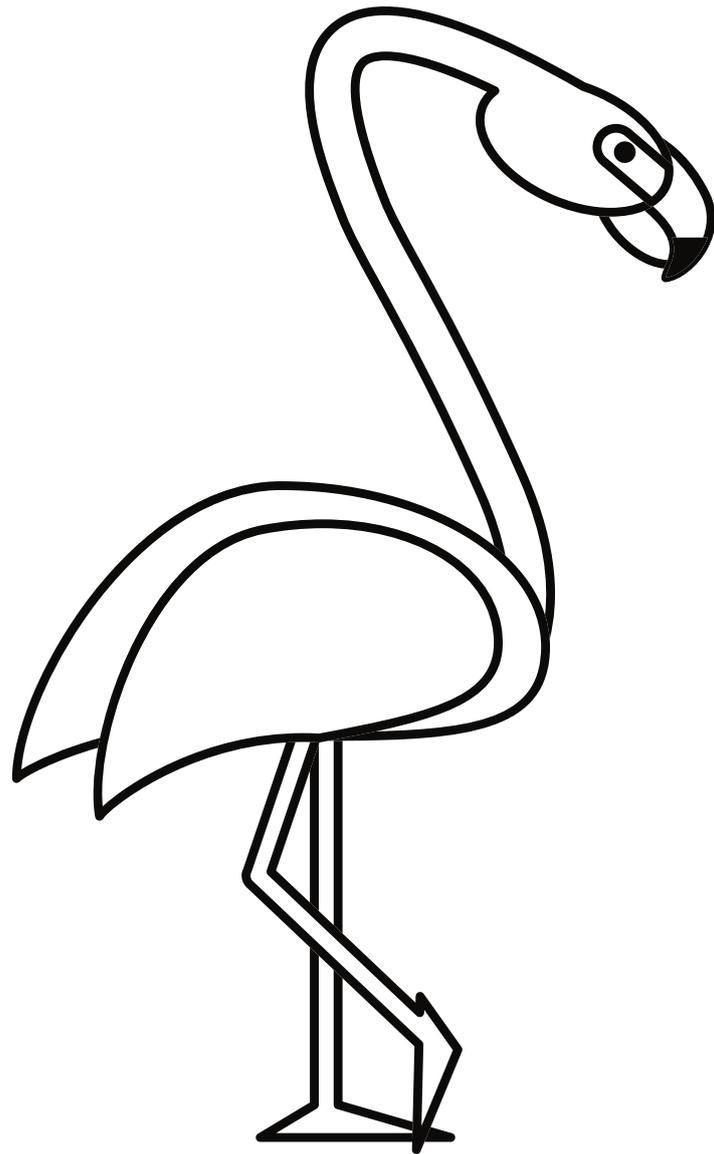
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**Flap
like a bird**



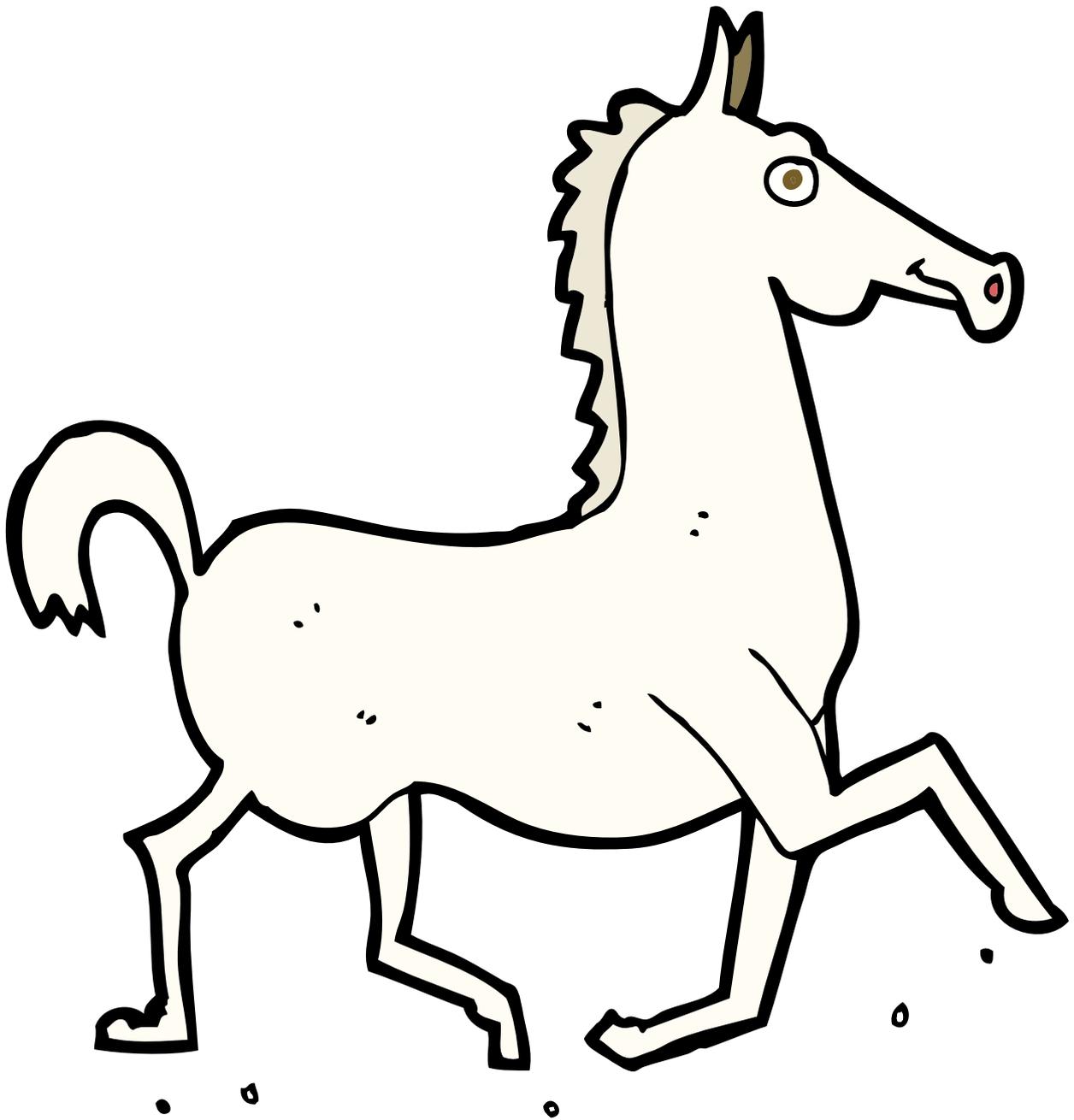
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**Stand on one foot
like a flamingo**



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**Gallop
like a horse**



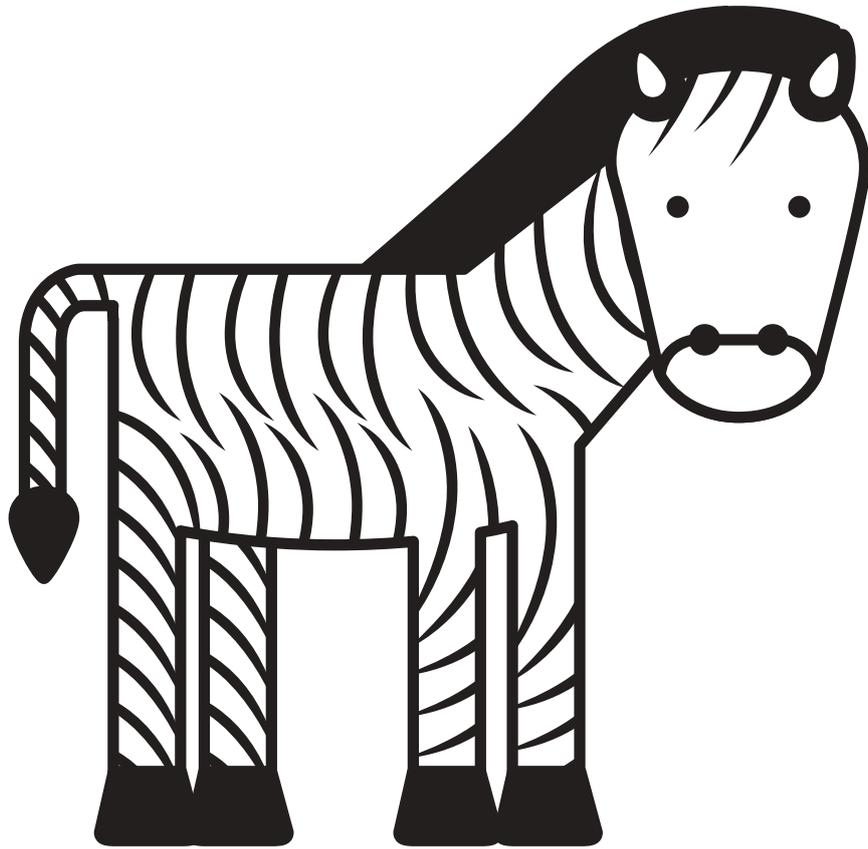
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**Side-step
like a crab**



**Irish Heart
Foundation**



**Kick
like a zebra**



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