



Games



Two Rivers Treads
RUN • WALK • HEALTH

THE HEART: FEEL THE BEAT

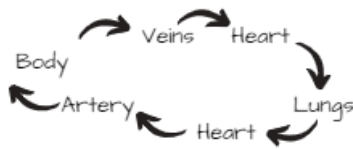
This guide is to be read by the parent to explain rules/ game to the child.

Game: Circulatory System Sprint

Materials: 6 pieces of paper labeled "VEINS" "HEART"(x2)"LUNGS" "ARTERY" "BODY"

Number of players: 1 player, 1 adult to monitor

Instructions: Hand the 6 sheets of paper to the child. They must first put the Circulatory System diagram in the correct order. Taping or placing on the ground - somewhat spread a part. Remember it's a cycle.



Answer: Veins > Heart > Lungs > Heart > Artery > Body (back to Veins)

Once the diagram is correct, tell the child they are now a blood cell and they have to run through the diagram as if they were a blood cell needing to oxygenate the body and go through the circulatory cycle. To make it more fun, tell them they have to hop on one foot, switching feet as they get to the next destination.

For more fun: Add in Scenarios.

"You're a blood cell in a sleeping person": flows through the cycle slowly

"You're a blood cell in a walking person": speeds up a little bit

"You're a blood cell in a sprinting person": Sprints through the system

Etc.....





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Game: Sweat Deck

Materials: Deck of Cards (possible sheets of paper as reminders)

This is a really fun/ challenging exercise routine that can be easily adapted for any age. And heart healthy activity

Instructions: Grab a deck of cards. Assign each suit an exercise.

Example: Hearts = Jumping Jacks; Clubs = Squats; Diamonds = Hop side to side each foot; Spades = Sit Ups

(This is where you may want to use the piece of paper, to write down what exercise you assign to each suit.

Mix up the deck of cards. Then pull a card off of the top of the pile. You will perform the exercise corresponding with the suit. So for example, if you pull a 10 of clubs, you'll have to do 10 squats, or 3 of hearts do 3 jumping jacks. Do this through the entire deck! (Face cards = 11)

Ace = 1

Jack = 11

Queen = 11

King = 11

Adapt as you go through the deck. Make it challenging, but not so hard that it isn't fun. You can switch up the exercises half way through. Or make them animal themed. Example "Frog Jumps", "Horse Gallop in Place", "Lemur Jacks" (jumping jacks) etc.

Remember to have fun!



WAVE

RT

A

FE

HI

100%

REFEEL

ARTER

1

0

0

B