



American  
Heart  
Association.



## It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

### *Materials Needed:*

- *3 beach balls or other soft balls, with written movement words on each ball. Ex: knee taps, hop, march*

### **Activity: Catch and See**

This activity is a fun to play in small or large groups. It adds movement, catching, throwing, and you can easily add math to it. The movements can be locomotor or cross-lateral like knee taps.

### **How to Play**

1. Have students stand in a circle or a scatter formation.
2. The leader starts by throwing the ball.
3. The student that catches the ball does the movement closest to their thumb for 10 seconds.
4. The student then throws the ball to the next person.
5. Increase the challenge by splitting into smaller groups, widening the space or adding more balls.
6. Add math by writing a math fact on the ball by the movement. They would say it out loud while doing the movement. For example: Say, "6+3=9" while tapping right hand on left knee and left hand on right knee.

**Heart Fact of the Day:** Even at rest the heart works twice as hard as the leg muscles of a sprinting man.