



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:*

- *Enough of one object for each team (bean bag, eraser, etc.)*

### **Activity: Classroom Relay**

This game will keep students engaged and moving throughout indoor recess. They'll have a lot of fun and it requires minimal supplies.

### **How to Play**

1. Have students sit at their desks in rows (vertical) or behind one another in rows on the floor.
2. Instruct students that each row is a team. Give the first person in each row your object of choice and have them sit it on their desk or ground in front of them (if on floor).
3. Once they are instructed to start, the first student will clap their hands, pick up object and pass overhead to student behind them. Repeat for each student in row – clap, pick up object, pass overhead.
4. Once the last student in the row receives the object, they'll run up the aisle to the right and take the seat of the first student. All other students will move one seat back. Keep going!
5. The team that wins will be the first to have all students sitting in their original seat with the object on the front desk.

**Heart Fact of the Day:** Healthy hearts need regular physical activity! But a recent survey reported that more than 40% of high-school-age students play video or computer games for 3 or more hours daily, and more than 30% of these adolescents watch television for more than 3 hours on the average school day.