

February P.E. Homework - K-2nd

NAME: _____

ROOM: _____

Why Cardio?

You don't have to wait until Valentine's Day to give a gift to your heart! Doctors recommend 60 minutes of daily Cardio-Respiratory exercise to improve hearth and lung health. Exercises that speed your heart rate like walking, running and jumping are just what you need for a stronger, healthier heart.

Draw a picture and use words to describe what happens in your body when you exercise. Please label the following parts: heart, lungs, blood vessels, and blood. Using colored pencils or crayons will help with identifying different parts.



When you exercise...

DUE FEBRUARY 29