

American Heart Association Schoolsite Programs and the Virginia Standards of Learning

Section #1: HeartPower! Level K-2 Kit

Unfortunately for our children, heart disease is often thought of as an elderly disease, but in fact the beginning stages of heart disease occur at a very young age. Lifestyle behaviors and habits are often established early and continue throughout adulthood. This is why it is important to reach our community's youth early, and you can help the American Heart Association accomplish this goal.

This guide correlates specific lesson requirements from the 1995-2001 Virginia Standards of Learning with lesson plans found in the American Heart Association Schoolsite Programs. These programs help you motivate children to learn, live and love the behaviors that contribute to a healthier heart today and for a lifetime.

The American Heart Association would like to share a sincere word of thanks to the following volunteers for evaluating these materials in light of the 1995-2001 Virginia Standards of Learning:

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HeartPower! Level K-2 Kit and the Virginia Standards of Learning

Investigations that integrate with selections in the HeartPower! Reader, "Be Like the Animals!," and with the posters and other components in the kit

Healthy Heart Workshop

Investigation 1: "Sometimes"

Level K-2 Teacher Resource Book, page #34

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.81.1, 1.2, 1.3, 1.5, 1.9, 1.11, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8

1995 Virginia Science S.O.L.s: K.1, 1.1, 2.1

2001 Virginia Health S.O.L.s: K.1, 1.1, 2.1,

2001 Virginia PE S.O.L.s: K.3, 1.1, 1.3, 1.4, 2.3

Investigation 2: "What is the Heart?"

Level K-2 Teacher Resource Book, Page #35

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.31.12, 1.13, 2.1, 2.2, 2.3, 2.9, 2.10

1995 Virginia Science S.O.L.s: K.1, 1.1, 2.1

2001 Virginia Health S.O.L.s: K.1, 1.1, 2.1

2001 Virginia PE S.O.L.s: 8.6

Investigation 3: "What Does the Heart Do?"

K-2 Level Teacher Resource Book, Page #37

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6 K.11 K.13, 1.1, 1.2, 1.3, 1.5, 1.12, 1.13, 2.1, 2.2, 2.3, 2.52.9, 2.10

1995 Virginia Science S.O.L.s: K.1, K.6, 1.1, 1.5, 2.1

2001 Virginia Health S.O.L.s: K.1, 1.1, 2.1,

2001 Virginia PE S.O.L.s: K.3, 1.1, 1.3, 1.4, 2.3

Investigation 4: "How Does the Heart Work?"

Level K-2 Teacher Resource Book, Page #39

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.13, 1.1, 1.2, 1.3, 1.5, 1.12, 1.13, 2.1, 2.2, 2.3, 2.9, 2.10

1995 Virginia Science S.O.L.s: K.1, K.6, 1.1, 1.5, 2.1

1995 Virginia Mathematics S.O.L.s: K.2, K.5, 1.1

2001 Virginia Health S.O.L.s: K.1, 1.1, 2.1

2001 Virginia PE S.O.L.s: K.3, 1.1, 1.3, 1.4, 2.3

Healthy Choices Workshop

Investigation 1: “Examinations”

Level K-2 Teacher Resource Book, Page #42

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.8, K.13, 1.1, 1.2, 1.3, 1.5, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7

1995 Virginia Science S.O.L.s: K.6, 1.5

2001 Virginia Health S.O.L.s: K.1, K.4, 1.2, 1.5, 2.2, 2.4

Investigation 2: “Why Do We Eat Food?”

Level K-2 Teacher Resource Book, Page #43

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.13, 1.1, 1.2, 1.3, 1.5, 2.1, 2.2, 2.3, 2.5, 2.6

1995 Virginia Science S.O.L.s: K.6, 1.5

2001 Virginia Health S.O.L.s: K.1, 1.1, 1.2, 2.1, 2.2,

2001 VA History and Social Sciences S.O.L.s: K.7

Investigation 3: “Choosing Healthy Foods”

Level K-2 Teacher Resource Book, Page #43

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.11, K.12, K.13, 1.1, 1.2, 1.3, 1.5, 1.12, 1.13, 2.1, 2.2, 2.3, 2.5, 2.6, 2.9, 2.10, 2.11

1995 Virginia Science S.O.L.s: K.6, 1.5

2001 Virginia Health S.O.L.s: K.1, K.4, 1.2, 2.2,

Investigation 4: “Gimme 5”

Teacher Resource Book, Page #47

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.11, K.13, 1.1, 1.2, 1.3, 1.5, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8

1995 Virginia Science S.O.L.s: K.6, 1.5

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

2001 VA History and Social Sciences S.O.L.s: K.7

Physical Activity Workshop

Investigation 1: “Be Like the Animals”

Level K-2 Teacher Resource Book, Page #43

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.8, K.13, 1.1, 1.2, 1.3, 1.5, 1.9, 1.11, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8

2001 Virginia Health S.O.L.s: K.1, 1.2,

2001 Virginia PE S.O.L.s: K.1, K.6, 1.1, 2.1

Investigation 2: “How Does Physical Activity Help Your Body”

Teacher Resource Book, Page #43

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.13, 1.1, 1.2, 1.3, 2.1, 2.2, 2.3

1995 Virginia Mathematics S.O.L.s: 1.4

2001 Virginia Health S.O.L.s: K.1, 1.1, 1.2, 2.1

2001 Virginia PE S.O.L.s: K.3, K.5, K.6, 1.3, 1.4, 1.6, 2.3, 2.5

Investigation 3: “My Dad Rides a Bike in His Bedroom”

Level K-2 Teacher Resource Book, Page #53

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.8, K.13, 1.1, 1.2, 1.3, 1.5, 1.9, 1.11, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7

2001 Virginia Health S.O.L.s: K.1, 1.2,

2001 Virginia PE S.O.L.s: K.3, K.5, K.6, 1.3, 1.4, 1.6, 2.3, 2.5

Investigation 4: “When Does Your Heart Beat Faster?”

Level K-2 Teacher Resource Book, Page #58

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.13, 1.1, 1.2, 1.3, 2.1, 2.2, 2.3

1995 Virginia Science S.O.L.s: K.1, K.6, 2.1

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.1

2001 Virginia PE S.O.L.s: K.3 K.5, K.6, 1.3, 1.4, 1.6, 2.3, 2.5

Investigation 5: “Why Is Exercise Good for Your Heart?”

Level K-2 Teacher Resource Book, Page #58

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.1, 1.2, 2.1

2001 Virginia PE S.O.L.s: K.1, K.3 K.5, K.6, 1.1, 1.3, 1.4, 1.6, 2.1, 2.3, 2.5

Tobacco-Free Workshop

Investigation #1: “What Is Smoking?”

Level K-2 Teacher Resource Book, Page #58

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3, 2.9

1995 Virginia Science S.O.L.s: K.6, 1.5

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

Investigation 2: “Not in Here, Dad!”

Level K-2 Teacher Resource Book, Page #60

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.8, K.13, 1.1, 1.2, 1.3, 1.5, 1.9, 1.11, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8

2001 Virginia Health S.O.L.s: K.1, K.6, 1.2, 1.4, 1.6, 2.2, 2.5

2001 VA History and Social Sciences S.O.L.s: K.8, 1.10, 2.10

Investigation 3: “How Do Advertisements Promote Smoking?”

Level K-2 Teacher Resource Book, Page #43

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.8, K.11, K.12, K.13, 1.1, 1.2, 1.3, 1.5, 1.9, 1.11, 1.12, 1.13, 2.1, 2.2, 2.3, 2.5, 2.6, 2.7, 2.8, 2.9, 2.10, 2.11

2001 Virginia Health S.O.L.s: K.4, 1.2, 2.2, 2.4

2001 VA History and Social Sciences S.O.L.s: K.7, 1.8,

Investigation 4: “Why Are We Proud To Be Nonsmokers?”

Level K-2 Teacher Resource Book, Page #64

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6, K.8, K.13, 1.1, 1.2, 1.3, 1.5, 2.1, 2.2, 2.3, 2.5

2001 Virginia Health S.O.L.s: K.4, 1.2, 2.2, 2.4

2001 VA History and Social Sciences S.O.L.s: K.7, 1.8

HEARTPOWER! K-2 HEART STARTERS

31 quick activities that draw on writing, math, problem-solving skills, and more to teach about how the heart works, nutrition, physical activity, and living tobacco-free

- **“Take Good Care of Your Heart”**

Level K-2 Teacher Resource Book, Page #18

1995 Virginia English S.O.L.s: K.1 K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2

2001 VA PE S.O.L.s: K.3, K.6, 1.3, 2.3

- **“The Heart’s a Most Important Part”**

Level K-2 Teacher Resource Book, Page #18

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2

2001 VA PE S.O.L.s: K.3, K.6, 1.3, 2.3

- **“Pumping Away Night and Day”**

Level K-2 Teacher Resource Book, Page #19

1995 Virginia English S.O.L.s: K.1 K.3 K.13, 1.1, 1.2, 1.3 2.1 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2

2001 VA PE S.O.L.s: K.3, K.6, 1.3, 2.3

- **“Heart Message”**

Level K-2 Teacher Resource Book, Page #19

1995 Virginia English S.O.L.s: K.5, K.6.1.52.5

2001 Virginia Health S.O.L.s: K.1, 1.2

2001 VA PE S.O.L.s: K.3, K.6, 1.3, 2.3

- **“Everybody Needs a Heart”**

Level K-2 Teacher Resource Book, Page #20

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.11 K.13, 1.1, 1.2, 1.3, 1.5, 1.12, 1.13, 2.1, 2.2, 2.3 2.6, 2.9, 2.10

2001 Virginia Health S.O.L.s: K.1, 1.2

2001 VA PE S.O.L.s: K.3, K.6, 1.3, 1.4, 2.3

- **"Easy as 1,2,3!"**

Level K-2 Teacher Resource Book, Page #21

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

1995 Virginia Mathematics S.O.L.s: K.5, 1.4

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

2001 VA PE S.O.L.s: K.3, K.6, 1.3, 1.4, 2.3

- **“What’s Good for You?”**

Level K-2 Teacher Resource Book, Page #21

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

- **"A Little, a Lot"**

Level K-2 Teacher Resource Book, Page #22

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

1995 Virginia Science S.O.L.s: K.6, 1.5

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

- **“Vote for Your Favorite”**

Level K-2 Teacher Resource Book, Page #22

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.31.12, 1.13, 2.1, 2.2, 2.3, 2.9

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

- **“Calendar of Favorites”**
Level K-2 Teacher Resource Book, Page #23

1995 Virginia English S.O.L.s: K.1, K.2, K.3, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

1995 Virginia Mathematics S.O.L.s: K.10

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

2001 History and Social Sciences S.O.L.s: K.7

- **“How Do You Plan a Meal?”**
Level K-2 Teacher Resource Book, Page #23

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

2001 History and Social Sciences S.O.L.s: K.7

- **“Healthy-Heart Restaurant”**
Level K-2 Teacher Resource Book, Page #24

1995 Virginia English S.O.L.s: K.1, K.2, K.3, K.5, K.6 K.11 K.13, 1.1, 1.2, 1.3, 1.5, 1.12, 1.13, 2.1, 2.2, 2.3, 2.5

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

2001 History and Social Sciences S.O.L.s: K.6, K.6, 1.8

- **“What’s in the Basket?”**
Level K-2 Teacher Resource Book, Page #24

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

1995 Virginia Mathematics S.O.L.s: K.2, K.5, 1.1

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

- **“Old MacDonald’s Heart-Healthy Farm”**
Level K-2 Teacher Resource Book, Page #25

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

- **“Wise Choices = Healthy Hearts”**

Level K-2 Teacher Resource Book, Page #26

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.2, 2.2

- **“Make Your Heart Work!”**

Level K-2 Teacher Resource Book, Page #26

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1, 1.1, 1.2, 2.1

2001 VA PE S.O.L.s: K.1, K.3, K.5, K.6, 1.1 1.3, 1.4, 1.5, 1.6, 2.1 2.3

- **“Jump. Thump, Pump”**

Level K-2 Teacher Resource Book, Page #27

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

1995 Virginia Science S.O.L.s: K.1, 1.1, 2.1

2001 Virginia Health S.O.L.s: K.1, 1.1, 1.2, 2.1

2001 VA PE S.O.L.s: K.1, K.3, K.5, K.6, 1.1 1.3, 1.4, 1.5, 1.6, 2.1 2.3

- **“The Heart Before and After”**

Level K-2 Teacher Resource Book, Page #27

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

1995 Virginia Mathematics S.O.L.s: K.2, K.5, 1.1

2001 Virginia Health S.O.L.s: K.1, 1.1, 1.2, 2.1

2001 VA PE S.O.L.s: K.1, K.3, K.5, K.6, 1.1 1.3, 1.4, 1.5, 1.6, 2.1 2.3

- **“Activities for a Healthy Heart”**

Level K-2 Teacher Resource Book, Page #28

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1,1.2,

2001 VA PE S.O.L.s: K.1, K.3, K.5, K.6, 1.1 1.3, 1.4, 1.5, 1.6, 2.1 2.3

- **“Heart Activity Chain”**

Level K-2 Teacher Resource Book, Page #28

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1,1.2,

2001 VA PE S.O.L.s: K.1, K.3, K.5, K.6, 1.1 1.3, 1.4, 1.5, 1.6, 2.1 2.3

- **"Instead of Watching TV, I Could..."**

Level K-2 Teacher Resource Book, Page #29

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3, 1.13, 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1,1.2,

2001 VA PE S.O.L.s: K.6, 1.4, 2.5

- **"Thumpy Says"**

Level K-2 Teacher Resource Book, Page #29

1995 Virginia English S.O.L.s: K.1

2001 Virginia Health S.O.L.s: K.1,1.2,

2001 VA PE S.O.L.s: K.1, K.3, K.5, K.6, 1.1, 1.3, 1.4, 1.6, 2.1, 2.3, 2.5

- **"Don't Smoke! - Tell Why Not"**

Level K-2 Teacher Resource Book, Page #30

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1,1.2, 2.2

- **"Please Be Smart"**

Level K-2 Teacher Resource Book, Page #30

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.3 2.1, 2.2, 2.3

2001 Virginia Health S.O.L.s: K.1,1.2, 2.2

- **"Good Advice Picture Puzzle"**

Level K-2 Teacher Resource Book, Page #31

1995 Virginia English S.O.L.s: K.5, K.61.5, 1.9, 2.5

2001 Virginia Health S.O.L.s: 2.2

- **"Say "No" to Smoking"**

Level K-2 Teacher Resource Book, Page #31

1995 Virginia English S.O.L.s: K.1, K.2, K.3 K.13, 1.1, 1.2, 1.31.12, 1.13, 2.1, 2.2, 2.3, 2.9, 2.10

2001 Virginia Health S.O.L.s: K.1,1.2, 2.2

- **“Proud to Say ‘No’”**

Level K-2 Teacher Resource Book, Page #32

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.31.12, 1.13, 2.1, 2.2, 2.3, 2.9, 2.10

2001 Virginia Health S.O.L.s: K.1,1.2, 2.2

- **“No-Smoking Quilt”**

Level K-2 Teacher Resource Book, Page #32

1995 Virginia English S.O.L.s: K.1, K.2, K.3K.11 K.13, 1.1, 1.2, 1.31.12, 1.13, 2.1, 2.2, 2.3, 2.9, 2.10

2001 Virginia Health S.O.L.s: K.1, Teacher Resource Book 1.2, 2.2