

Name/Title: Valentines for the Heart

Purpose of Event: A fun warm up activity to create a positive atmosphere on Valentine's Day.

Prerequisites: Students should know how to perform the fitness activities you have written on the Valentine cards before class.

Suggested Grade Level: 3-5

Materials Needed: A box of popular Valentine cards made for kids (e.g. SpongeBob Squarepants, Scooby Doo).

Description of Idea

Before class write on the inside of the cards fitness activities in the categories of cardiovascular endurance, muscular strength / endurance, and flexibility. For example, 5 push ups, 10 partner sit ups, etc.

As the students enter the activity area tell them you have special Valentines for them from you. Hand the Valentines out to the students. Students read the card, perform the fitness activity safely in the activity area, and then they give another student the card. Continue as long as you like.

Submitted by **Elizabeth Carr** who teaches at Meadowbrook Elementary in Hawthorne, NJ. Thanks for contributing to PE Central! **Posted on PEC: 1/22/2003.**

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