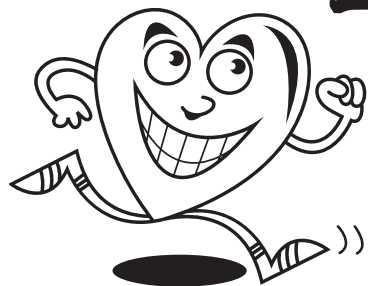


# FEEL YOUR HEART GO PUMPETY PUMP



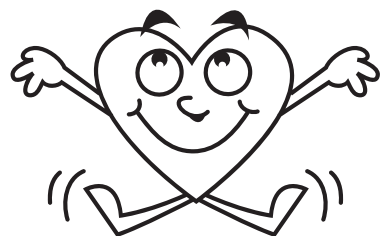
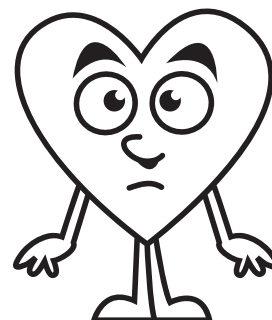
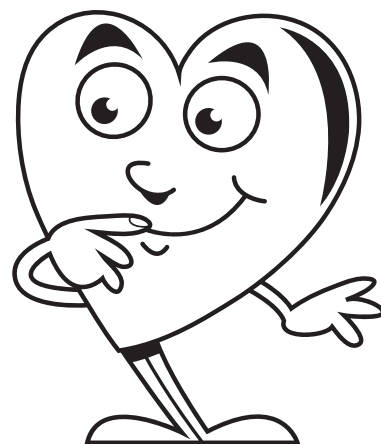
Run..... hop ..... dance ..... jump!  
 Feel your heart go pumpety pump!  
 Your heart pumps your blood to your fingers and toes..  
 'Pumpety pumpety pump!' it goes.

Jump... run... hop..... dance!  
 Leaping and twirling, around you prance;  
 Your heart pumps your energy up to your brain  
 And your brain tells your body to do it again!

Hop ... dance ... jump ... run!  
 Your heart likes your body to have lots of fun.  
 And pumpety pumping with every beat  
 It sends lots of energy down to your feet.

Jump ... run ... dance ... hop!  
 And keep yourself going until you must stop!  
 Then put your hand here at the front of your chest  
 And feel your heart pumpety pumping its best!  
 And NOW .....

you  
     can  
         have  
             a  
                 NICE  
                     REST.



Try **DOING** the exercises on the spot as you say this poem together. Energy from food and oxygen is pumped around our body in our bloodstream. The heart beats faster when we exercise to give us more energy.

Note to grown-up helpers: read the poem together and then do the exercises. Encourage your child to feel their heart beating when they stop to rest.  
 Now read the poem again!