

| Name of Activity | |
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| Excerpt from “Healthy Heart Transport” Lesson by Nancy Blake | |
| Submitted by | SHAPE America Staff |
| National Standard(s) | <p>PE: Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Health: Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> |
| Grade Level Outcome or Performance Indicator | |
| Activity Objective | To simulate the effects of smoking on the respiratory and circulatory system. |
| Grade(s) | 2-5 |
| Materials | Disposable plastic straws |
| Activity Description | Diagram |
| <p>This activity is an introductory activity taken from Jump Rope for Heart grantee winner Nancy Blake at Goose Bay Elementary School in Wasilla, AK.</p> <p>(1) Students enter the gym and begin their warm-up with a 4-minute jog around the gym (clear “track” pathway is visible and obstacle-free). Upon completion of the warm-up, students find their pulse. Have they reached their target heart rate? (2) Students get a straw, put it between their lips and breathe through it as they carefully jog for one more minute. Upon completion, remove the straw. How did it feel to breathe through the straw while you were running? Were you getting enough oxygen? How is this feeling similar to a person who smokes?</p> <p>Use this as an introductory activity to a lesson on the circulatory system or the effects of smoking.</p> | |
| Modifications | |
| <i>Include ways to modify this activity for advanced, lower level and inclusion students.</i> | |
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