

Heart Attack

@PE4Life_Spencer

Equipment – 1-1 ratio Hoops & Bowling Pins to Students and 10 Small Balls

Level 1: Students move around their Heart(hoop) protecting their Oxygen (Pin). When HEART ATTACK is yelled out, students pick up their Heart & Oxygen and find new personal space to lay down their Heart & Oxygen

*Talking point: What is a Heart Attack and why do people have them?

Level 2: Walk around students talking about protecting their hearts from fats. As you walk around tap a oxygen over. That student has experienced a Heart Attack and needs to move to new space. Students will begin to realize they need to stay between you and their Hearts. Start moving quickly through the students to have them protect their hearts.

*Talking point: Relate to playing defense. What should your body position be when guarding your Heart? What happen if you turn your back to your Heart being attacked?

Level 3: Introduced Fast Food(balls) into the game. Explain that when eating Fast Food we take the risk of introducing high in fat foods into out bodies. Also, when Fast Food is eaten it slows down the body and does not allow for it to move at its fastest speeds. When a student picks up Fast Food all they can do is Pivot, until they have thrown their Fast Food.

Level 4: Same rules from Level 3, but when a student has a Heart Attack they lay their Heart down right next to the persons Heart that attacked them. Islands of students will begin to be created. If a student's Oxygen is hit while connected to a island, they move and join the island of students who gave them a Heart Attack. Game continues until there is only a single island of students.



Student



Small
Ball



Hoop



Pin

