

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Heart Alert	
Submitted by	Christa Hayes
National Standard(s)	PE: Standard 1– The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. Health Ed: Standard 7- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Grade Level Outcome or Performance Indicator	Grade-Level Outcomes: Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences. (S1.E1.4) Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance. (S1.E1.5a) Performance Indicator: 7.5.1 Identify a responsible personal health behavior.
Activity Objective	Students will show an understanding of the risk factors in developing heart disease which in turn can cause one to have a heart attack.
Grade(s)	3-5
Materials	2 stethoscopes, 2 white lab coats, 3 scooters, 3 red jerseys, 5 blue jerseys, 1 large potato, 1 brown baton, 1 rubber chicken or pig, 1 green gator ball, 1 heavy medicine ball, 3 jump ropes, stationary bike, stair stepper, 2 stop watches, cardio cards, 4 large orange cones.
Activity Description	
<p>Designate 5 students to be the risk factors/taggers and have them wear a blue jersey along with carrying their risk factor object (physical inactivity/couch potato = potato, smoking = brown baton, poor nutrition = fatty rubber chicken or pig, stress = green gator ball, overweight = heavy medicine ball). Designate 3 students to be the ambulance drivers who will each wear a red jersey and carry a scooter. Designate 2 cardiologists who will each wear a white lab coat and a stethoscope.</p> <p>Start the game with every student high knee skipping. Remind students that when tagged they must know which risk factor tagged them each time! When tagged by a risk factor the student will put one hand over their heart and continue skipping. When tagged a second time by a risk factor he/she will stop, put both hands over their heart, stoop to the ground and yell out “911” until an ambulance driver shows up. Ambulance drivers cannot be tagged. The ambulance driver has the heart attack victim sit on the scooter while the ambulance driver carefully pushes him/her to the hospital. Once at the hospital which is marked by 4 big orange cones towards the far end of the gym the heart attack victim will get off and see the cardiologist. The cardiologists will then check out the patient by listening to his/her heart and ask what risk factors had tagged them. For each risk factor the cardiologist will give the patient a verbal prescription to a healthier heart. The patient can also share ideas on how he/she will take better care of their heart based on their risk factors!</p>	

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Example:

Poor nutrition = Talk about healthier foods one should eat. Lean protein, fruits and vegetables, low sugar intake and less fried greasy food...

Physical inactivity = Talk about staying active and pull out a cardio card from the bucket. The patient must do the exercise and then is back out into the game. Cards can consist of run two laps, 15 jumping jacks, 25 jumps with a jump rope, 2 min. on the stationary bike...

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.

Students who may need extra support in understanding the concepts to the game may be partnered up with a "P.E. Buddy" or paraprofessional during the activity so that they may feel comfortable and successful.