

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

Name of Activity	
Artery Tag	
Submitted by	Lynn Burrows, 2015 Central District Elementary PE Teacher of the Year
National Standard(s)	Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
Grade Level Outcome or Performance Indicator	S1.E1; S1.E2- Locomotor
Activity Objective	By playing Artery Tag, students will understand how oxygen flows in blood through the arteries and how blockages prevent oxygen from getting to other parts of the body.
Grade(s)	K-5
Materials	Floor tape or sidewalk chalk (optional)
Activity Description	
<p>Artery Tag is like Line Tag and is played similar to a regular game of tag except students can only move on the lines of the gym floor. If you do not have a gym or a space that has lines on the floor you can use floor tape to create lines or go outside and use sidewalk chalk to create a playing area.</p> <p>Identify two students to be “It” and two students to be “Exercise” and “Healthy Eating.” All students will begin spread out in the gym. On the go signal, students will move freely in the space, but ONLY on the lines on the floor. If a student gets tagged they become a blockage in an artery and can no longer move. Students who have not been tagged cannot go past the “blockage.” Students can become unblocked by being tagged by “Exercise” or “Healthy Eating.” “Exercise” and “Healthy Eating” cannot be tagged by “It” players. After a few minutes have new students be “It,” “Healthy Eating” and “Exercise.”</p> <p>Be sure to discuss the importance of healthy eating and regular exercise along with having a diet high in fat and heart health.</p>	
Modifications	
<i>Include ways to modify this activity for advanced, lower level and inclusion students.</i>	

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Challenges:

- **Have students move only in one direction except “Exercise” and “Healthy Eating.”**
- **Incorporate manipulative skills like dribbling a basketball or soccer ball.**
- **Have students move using different locomotor skills.**

Modifications:

- **Have students walk only.**
- **Teacher can be the “freer” and students must identify ways to keep their heart healthy.**
- **Add more lines on the floor.**