

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

Name of Activity	
Oxygen Carry Challenge	
Submitted by	SHAPE America Staff
National Standard(s)	Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
Grade Level Outcome or Performance Indicator	Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge. (S5.M3.7)
Activity Objective	For students to understand the effect of smoking on the heart.
Grade(s)	6-8
Materials	Scooters, hula hoops, pool noodles cut in half, jump ropes, balloons, gator skin balls
Activity Description	Diagram
<p>This activity is a group challenge to demonstrate to students the immediate effects of smoking on the heart.</p> <p>Set up: Use about half of the gym designating a starting point and an ending point. Set up the hula hoops in the middle of the play area with 6 balloons (oxygen) in the middle. The challenge is to get all the oxygen from the hula hoops to the finish point without dropping the oxygen.</p> <p>Divide the class into groups of four or five. Each group will begin behind the starting point. Each group will have one scooter, one jump rope, one half of a pool noodle. The group will use these tools to deliver oxygen to the finishing point. Each student will also have a gator skin ball (chemical) that they must carry with them at all times.</p> <p>Rules:</p> <ul style="list-style-type: none"> -Nothing can touch the ground. If oxygen, any body part or any tools touch the ground the group must start from the beginning. -All tools, oxygen, team members and chemicals must make it to the other end. -Students cannot give their chemicals to another student. 	

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-There are an unlimited number of trips.

Explain to students this activity represents how much extra strain is put on the heart when a person smokes. When smoke enters the lungs, chemicals from the smoke enter into the blood stream. Since there now are chemicals in the bloodstream this leaves less “room” for oxygen. Even though there is less oxygen your body still needs the same amount of oxygen to function. In order to still provide your body with the correct amount of oxygen, the heart has to pump faster to make up for the chemicals that are now present in the bloodstream. Over the course of time, the extra strain on the heart from smoking can cause heart disease.

Modifications

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

- Have the balloons spread throughout the starting and finishing points and students must collect any 6 pieces of oxygen to the end point.**
- Limit the number of trips.**
- Add obstacles to represent clogged arteries.**