

**UNIT: AEROBIC GAMES**

**AGES: 8-14**

<b>ACTIVITY</b>	<b>ORGANIZATION</b>	<b>TEACHING CUES</b>
<b>Heart Alert</b>	<p data-bbox="576 294 844 394"><b>OBJECTIVES</b> Locomotor skills, exercise physiology, cardiovascular endurance, dodging, fleeing</p> <p data-bbox="576 472 917 535">-Scattered within boundaries, 20 X 20 paces (yards).</p> <p data-bbox="576 598 982 661">-Briefly identify cardiovascular risk factors.</p> <p data-bbox="576 735 998 808">-Designate 3-5 players to be "It" and have them wear pinnies.</p> <p data-bbox="576 871 982 1008">-When tagged, players jog in place with hands on their heart, saying "Heart Alert!" to signal others to come and save them.</p> <p data-bbox="576 1081 982 1218">-They are saved when another player exercises with them, (e.g., performs 3 sit-ups/jumping jacks, etc. with them).</p> <p data-bbox="576 1281 933 1323">-After 2 minutes, change "Its."</p> <p data-bbox="576 1386 982 1522">-The idea is that physical inactivity is a risk factor for heart disease and exercise helps prevent heart attacks.</p> <p data-bbox="576 1585 1015 1759">-<u>Note:</u> Name each tagger after a "risk factor." One can be a cigarette and hold a baton in her/his hand; another can be a couch potato and carry a potato, etc.</p>	<p data-bbox="1023 294 1396 394"><b>EQUIPMENT</b> 4 cones for boundaries, 5 scarves/pinnies, music/whistle</p> <p data-bbox="1023 472 1380 535">-Today's Great Game is called "Heart Alert!"</p> <p data-bbox="1023 598 1437 661">-Heart disease is the #1 killer in the U.S.</p> <p data-bbox="1023 735 1437 840">-Besides genetics, 5 risk factors are associated with heart disease. They are:</p> <ol data-bbox="1023 871 1388 1186" style="list-style-type: none"> <li>1) Physical inactivity</li> <li>2) Smoking</li> <li>3) Poor nutrition</li> <li>4) Stress</li> <li>5) Over-fatness (or overweight)</li> </ol> <p data-bbox="1023 1249 1437 1417">-In this game, each time you are tagged you gain a risk factor. In order to be "saved," someone has to exercise with you. I will tell you the exercise to do.</p> <p data-bbox="1023 1480 1437 1627">-If you are tagged twice, you have 2 risk factors, and so on. Try not to have all the risk factors of heart disease!</p> <p data-bbox="1023 1690 1421 1759">-Taggers may not tag others while they are exercising to be saved.</p>