

Heart Attack Tag



Lesson focus: to use dodging and fleeing skills in general space to avoid being tagged by one of the “Risk Factors” of heart disease and to collect as many “Healthy Hearts” in the time allotted.

What you’ll need

- 4 short tag noodles marked with the risk factors for heart disease. Fatty Foods, Tobacco, Couch Potato/Computer Potato, Sugary Foods
- Four inch laminated hearts marked with foods and activities that are heart healthy. For example: Carrots, Peas, Biking, Walking, Swimming, Jump Rope, Soccer, Tag, Broccoli, Water, 100% fruit/vegetable juice----don’t forget the FREE PASS hearts!
- 5 Large Hula Hoops

Skills to review and demonstrate

Demonstrate safe tagging using the noodles and safe use of general space.

Getting started

Set boundaries with 4 of the large hoops scattered around the perimeter.

Place one hoop in the center of the play area.

Place one student called a “Cupid” in each perimeter hoop with about a dozen laminated “healthy hearts” in their hands.

Pick four taggers-the Bad for your Heart guys!-and give them a tag noodle marked with a risk factor. The rest of the class will begin with one foot in the center hoop until the teacher says “begin.”

Student performance objectives

Psychomotor: Students will demonstrate chasing, dodging and fleeing using the locomotor skills assigned.

Cognitive: Students can name the risk factors for heart disease 80% of the time.
Students can name heart healthy activities and foods 80% of the time.
Students can explain why it is important to not to engage in the risky behaviors related to heart disease 80 % of the time.



▶ [Watch the Video](#)

Indoor or outdoor
activity for grades

2-5

Begin the game

On “go” the students head for one of the hoops to collect a healthy heart from a Cupid. The Cupid hands them one laminated heart. The runners are safe if they have one foot in that hoop or the hoop in the center of the play area. Students run through the general space to other hoops to collect more Healthy Hearts. If tagged by a Risk Factor, the student must go over to the teacher, hand the teacher just one of their laminated hearts and do 3 jumping jacks (Rehabilitation) before returning to the game. They DO NOT have to do the jumping jacks if they hand the teacher a heart that says “FREE PASS.” Having the FREE PASSES encourages the students to read the laminated hearts to learn about healthy foods and activities. Stop the round after a few minutes and collect the hearts, have the taggers give the tag noodle to a new player and take the role of Cupid. Play until everyone has a turn to be both a Risk Factor and a Cupid.

Helpful hints

Do not allow the students to collect from the same Cupid until they have visited all the others. Do not allow the taggers to stand around the hoops or near the Rehabilitation area. Do not allow the students to grab the hearts out of the Cupid’s hands.

Recap

Raise your hand if you can name ALL the risk factors for heart disease discussed.
Raise your hand if you can name 5 healthy activities for your heart.
Raise your hand if you can name 5 healthy foods for your heart.

* Challenge! *

Can you collect at least four hearts each round? Or more hearts this time than the last?

Choose a more strenuous rehab exercise!

National Standards

Standards 1&2: Fleeing; Dodging; Chasing; Spatial awareness; Locomotor skills.

Standard 3: Cardiovascular fitness; Agility.

Standards 4&5: Participates responsibly and cooperates with peers; Enjoys the social interactions.

