Name/Title: Heart Power

Purpose of Event: This tag game is used to reinforce three important ways to keep your heart healthy.

Prerequisites: Teach the American Heart Association's motto for having a healthy heart. “You can have a healthy heart, it’s as easy as 1,2,3!" "Eat healthy stuff" "Move around enough" "Live tobacco-free"

Suggested Grade Level: K-4

Materials Needed: wrist bands, scrimmage vests or other items to identify taggers

Description of Idea

Heart Power Tag:
The American Heart Association has a motto for having a healthy heart. It is: “You can have a healthy heart, it’s as easy as 1,2,3! Eat healthy stuff, move around enough, live tobacco-free."

This tag game reinforces the three important ways of keeping the heart healthy. The first discussion revolves around eating healthy stuff. The taggers are the unhealthy foods that one wants to stay away from. If tagged, the student jogs in place with his/her hand over the heart. Two persons running around join hands over the tagged person. (i.e. like playing "London Bridge") They say, “Eat healthy stuff.” and the tagged person is now free.

The second round is played focusing on the theme of “move around enough.” Discussion takes place about how important exercise is for the heart. The taggers represent "Couch Potatoes." During this round the students unfreezing the child jogging in place, join hands and say, “Move around enough.”

In the third round the class discusses living tobacco-free. The taggers represent cigarettes that one should stay away from. The children unfreezing the tagged students say, "Live tobacco free."

Assessment Ideas:

During the closure see if the students can repeat the three ways to keep a healthy heart.

Submitted by **Debbie Lavner** who teaches at Leighton Elementary School in Oswego, NY. Thanks for contributing to PE Central! **Posted on PEC: 3/1/2005**.

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