Clogged Arteries

Lesson Overview: Learn about preventing cholesterol in the arteries with this movement-oriented activity.

Grade Level: 3rd-5th

Lesson Time: 15-30 minutes

Prior Knowledge: A basic understanding of the terms cholesterol, heart rate, and artery.

Materials Needed:
- Red Hula Hoops
- Pinnie Vests (5): [link](http://www.amazon.com/Code-Four-Athletics-Practice-Scrimmage/dp/B0006ZAT32)

Content Integration:
- Health
- Physical Education

Corresponding Standards:
Oregon Standards
- Promotion of Healthy Eating
  - Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.
- Fitness for Lifetime
  - Demonstrate knowledge of a physically active lifestyle.

National Physical Education Standards
- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
  - Physical activity knowledge
  - Fitness knowledge
- Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
  - Health

Healthy Youth Curriculum Standards
- Third Grade Essential Concept: Explain how both physical activity and eating habits can affect a person’s health
- Third Grade Essential Concept: Identify how healthful eating habits can lead to wellness
- Fourth Grade Essential Concept: Describe the benefits of moderate and vigorous physical activity
• Fifth Grade Essential Concept: Explain how good healthy eating and being physically active influence health

Lesson Objective:
Students will learn/reinforce the concept that physical activity can help to prevent cholesterol build-up in arteries. They will also get an opportunity to raise their heart rates as they take a movement break.

Lesson Description:
1. Lead-in: Take class outside. Select 3-5 students to be taggers and have them wear the pinnies. Place the hula-hoops, which represent arteries, around the perimeter of the area. Decide how students are to move (skip, run, etc.) to avoid being tagged.

2. Step by Step: Students who are tagged become pieces of cholesterol and go to an artery (hula hoop). When there are 3 pieces of cholesterol in an artery (this means it is clogged), the students join hands, jump and say "I am heart smart" (or have them do a lap, 20 curl-ups, 10 push-ups, etc. as designated). They can then return to the game. This is to remind students that exercise reduces cholesterol levels. Change taggers every few minutes and do a pulse check.

3. Closure: Follow up with questions or final thoughts about the benefits of exercise and the dangers of cholesterol.

4. Extension or Next Step: This lesson can be used as a lead up to a writing assignment or as a supplement to a health unit.

Differentiation:
• Advanced: Challenge students to keep their heart rates elevated during the entire game. Can have students do jumping jacks while waiting in the hula-hoops.
• Struggling: If students have to wait too long to return to the game, have them do a set of exercises (5-10 pushups, 20-50 curl-ups, 1-3 laps around the area, etc.) rather than waiting for 3 students to gather in a hula hoop.