

Science and Health Integration in Physical Education

#PEVoxer

List your favorite science or health integration activity on a slide. Please keep it to one activity per slide (please put your new one at the VERY end!).

Feel free to add more than one slide.

Make sure to add your contact information somewhere on the slide (twitter username, blog, website, etc.)

Please share this presentation so we can build a collaborative document for #physed teachers everywhere! #TogetherWeAreStronger & #SharingIsCaring

Heart Rate Tag or Muscle Tag

These games are built from original game of Bandaid Tag: Original Version – first time tagged hold spot that was tagged, next time tagged hold that spot too, third time tagged go to sideline, 5 jumping jacks- miracle healing, return to game.

Revised to **Heart Rate Tag**: first time tagged hold fingers on one pulse point, second time tagged hold fingers on other pulse point, third time come take 6 second heart rate with me, or at heartrate station.

Revised to **Muscle Tag**; Everyone holding 3x5 index card, card has muscle name written on it. First time tagged hold hand on muscle, next time tagged go to sideline and stretch muscle, or do exercise that strengthens muscle. When I teach this all students have same muscle or $\frac{1}{2}$ of class has one muscle, $\frac{1}{2}$ another muscle. Great formative assessment: muscle location, stretch vs strengthen.

Lynn Burrows @lovepeme

Artery Tag

Revised game of Line Tag. First have student walk on lines, explain blood only travels one direction so students cannot pass each other. Then add taggers, when tagged freeze with hand up, become “blocked artery”. Then add way for students who are artery blockages to join back in. They tell friend two ways to keep heart healthy. We focus on “Drink lots of water, get lots of exercise, eat lots of fruits and vegetables and never ever ever smoke.”

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