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Name of Introductory Activity: Respiratory Attack Tag

Appropriate Grade Levels: Third to Fifth Grade

Equipment:

Nicotine Sign (1)
Tar Sign (1)
Carbon Dioxide Sign (1)
CoughTagger Signs (2)
Music

Explanation of Activity:

Alveoli are tiny air sacs in your lungs that absorb oxygen. When a person smokes, these alveoli are damaged. Cigarettes and tobacco leave harmful substances in your lungs. These substances are nicotine, tar, and carbon dioxide. The lungs try to get rid of these bad substances by coughing.

Assign three students to wear the nicotine, tar, and carbon dioxide signs. Assign two students to be the cough taggers. The rest of the students are alveoli. The job of the students with the nicotine, tar, and carbon dioxide signs is to gently tag the alveoli. Once an alveoli is tagged, he/she must kneel until a cough tagger relieves him/her by tapping him/her gently on the shoulder. After about a minute, switch positions.

Safety Rules:

The students wearing the nicotine, tar, and carbon dioxide signs are to tag the alveoli *gently*. No pushing, pulling, hitting, or any other aggressive gestures.

The cough taggers are to relieve the tagged alveoli by *gently* tapping them on the shoulders *only*, no where else.

The alveoli are to kneel with their limbs to themselves as to avoid injuring others not tagged.

Everyone is to perform the designated locomotor skills in their own space. No aggressive gestures towards anyone at anytime.

Source: PECentral.org, <http://pecentral.org/lessonideas/ViewLesson.asp?ID=4088>