**Artery Avengers**

**Grade Level:** K-6

**Skills:** Dodging, evading, rolling, throwing, blocking.

**Objective:** 4.SDP.5: Explain common facts about common chronic health conditions (e.g., clogged arteries, asthma, diabetes, anaphylaxis, seizures).

**Equipment:** Yarn balls, red hula hoops, cones, and Frisbees.

**Organization:** Divide the class in half and place one group on one side of the activity area and one group on the other side. Place the hula hoops throughout each half of the area.

**Activity:** Give a brief synopsis of how your arteries work. Using a straw as an example is a great prop for the students to see. Explain how hard it is to drink a liquid when the straw becomes clogged. Your arteries can become clogged when a person consumes too many fats, thus making it harder for your heart to pump blood. It is important to let the students know that there are healthy fats as well.

The activity portion is for the students to roll/throw the yarn balls and land them inside of the hoops. Once a yarnball (fat cell) is inside the hula hoop (artery), students cannot remove the fat cells.

The second round consists of passing out some Frisbees to a few students on each team. They will use the Frisbees as a fat blocker and can knock away the fat cells as they are rolled or thrown towards the arteries. The hula hoops don’t have to be red it’s just used to emulate the arteries in our bodies.

After letting the students rid their respective sides of fat cells, stop the activity and see how many arteries are in really bad shape. In other words, which of the hoops have the most yarnballs inside of them?

**Closure:** Who can name some healthy fats?

 What are two things we can do to keep our arteries unclogged?

**Health:** What are some common facts about common health conditions? What are possible indicators? Why is it important to receive medical advice from your physician rather than Dr. Google?

**Piloted at:** Syracuse Elementary

**![MC900438809[1]]()**