<table>
<tr><td>PUSH Mentors:
Leaders: Sarahy, Marcela, Madison, Ben
Timekeeper: Ben
Floater:
Coaches:</td><td>Age/Grade Level:

2nd- 6th grade</td><td>Length:
30-40 min</td></tr>
<tr><td colspan="3">Health Topic/ Essential Question: Smoking, Tobacco, Vaping, E-Cigs
Why should we not smoke/ vape? What are the consequences of choosing to smoke/ vape?</td></tr>
<tr><td>Learning Objectives:
Teach youth the side effects of smoking/ vaping
Introduce health consequences of vaping/ smoking
Teach youth how to manage asthma and use inhalers
Demonstrate the toxic effects of smoking/ vaping on the lungs</td><td colspan="2">Materials Needed:
Balloons (preferably non-latex)
Empty plastic water bottles
Inhaler
Lung Capacity machine
Spacer
Straws</td></tr>
<tr><td>Essential Vocabulary
Asthma
Nicotine
Tobacco
E-cigarette
Toxic
Second-hand smoking
Lungs</td><td colspan="2">Medical Terms/Knowledge/”Fun Facts”
Fun fact! Your left lung is smaller than your right lung to save room for your heart!
Our lungs help us float! When we swim our lungs fill with air as we take a deep breath through our nose or mouth. SO technically we’re kind of like fish but not really</td></tr>
<tr><td>Warm-Up Activity
Have the kids run laps around the court then bring them into the middle for lesson plan.</td><td>Have coaches & volunteers run with kids</td><td></td></tr>
</table>

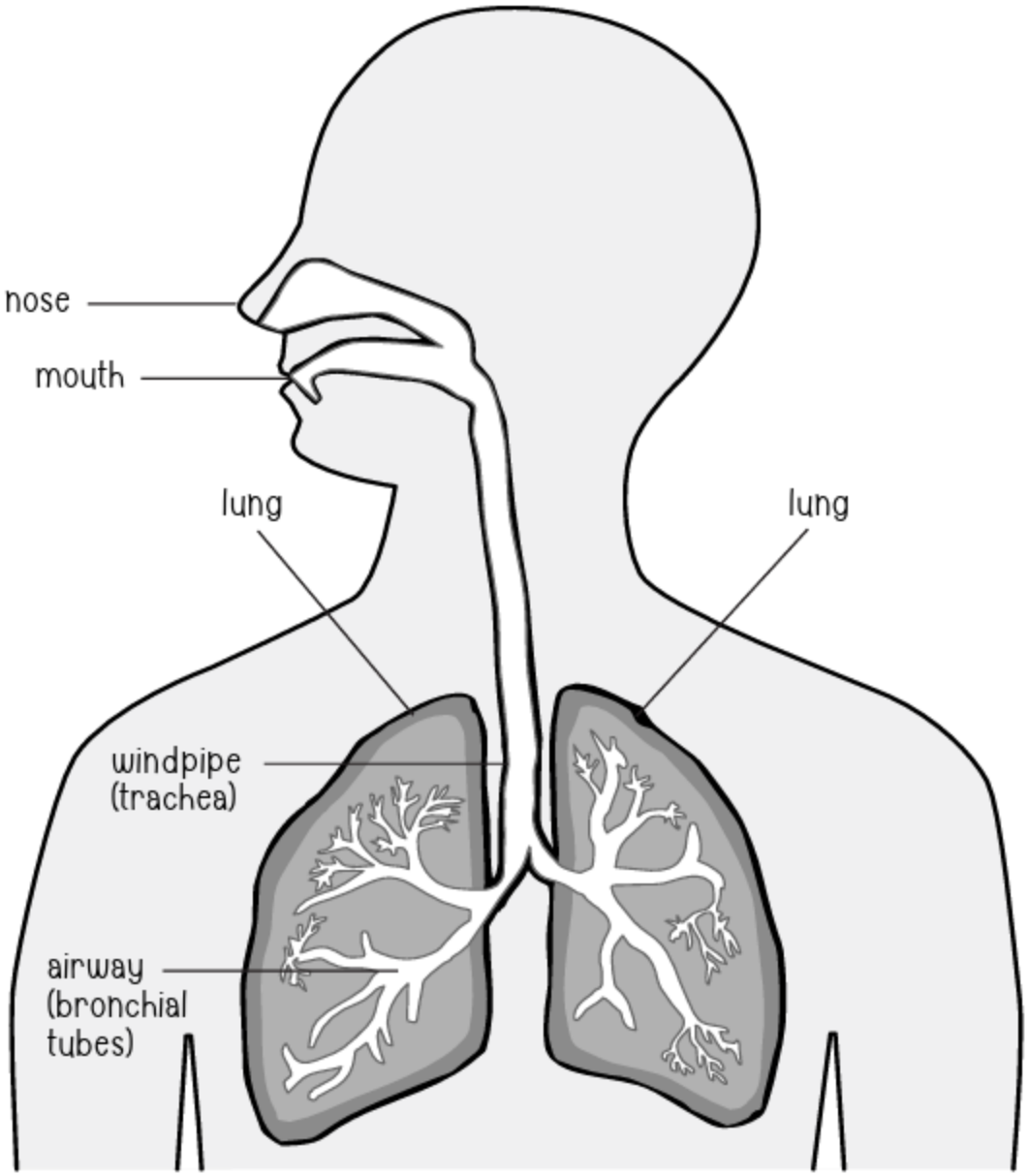
Warm-Up Activity/Hook:	**Sports/Exercise/ Connection**	**Time: 4 mins as a whole group**
For a show of hands, Who knows what smoking is? Who knows someone who smokes cigarettes or vapes? Who knows what e-cigarettes or vaping are? Who has asthma or knows someone that has asthma? Thank you all for sharing/ participating! **Transition:** **FUN FACT:** Yawning is typically associated with being tired, and it is actually the body's response to a lack of oxygen. Also, the average person takes around 17,000 breaths each day! We sure do breathe a lot! Today we'll be talking more about the effects it has on our health and we will learn about the importance of our lungs and how we can keep them healthy!		

Main Lesson Sequence:	**Sports/Exercise/ Connection:**	**Time:**
Note: Talk first about the organ that is most affected by smoking and then go into the rest of the material 1) **How do our lungs work? (Balloon Lung Model + Spirometer)** a) Divide the group in half as you see fit. b) Each group will have a Balloon Lung Model c) Teachers will engage the students in the Warm-Up questions. d) Using the model, teachers will guide students towards a broad understanding of the lungs and respiratory system. Identify the TRACHEA, BRONCHI, LUNGS, DIAPHRAGM in the model. e) Pass the model around to the students. **2)** What is vaping? a) inhaling of an aerosol (mist) created by an electronic cigarette (e-cigarette) or other vaping device b) E-cigarettes / vapes are battery-operated devices that heat a liquid until it becomes a mist. The mist is not just water vapor, it usually contains nicotine, other harmful chemicals, and flavorings. c) Nicotine is a natural chemical present in anything made with tobacco leaves	***** **Marcela and Sarahy will be splitting into two mid-size groups to demonstrate the spirometer and lung model.** ● **Promotes Deep Breathing:** The spirometer encourages patients to breathe deeply, which helps keep their lungs inflated and airways open. ● **Visual Feedback:** It provides visual feedback to the patient, showing how deeply they are breathing, which helps them to achieve the desired lung expansion. ● **Measures Inhalation Volume:** As the patient inhales through the spirometer, a piston or ball moves up, indicating the volume of air inhaled. ● **Prevents Lung Problems:** Regular use can help prevent lung collapse (atelectasis) and reduce the risk of pneumonia and other	**15 -20 minutes in smaller groups** 

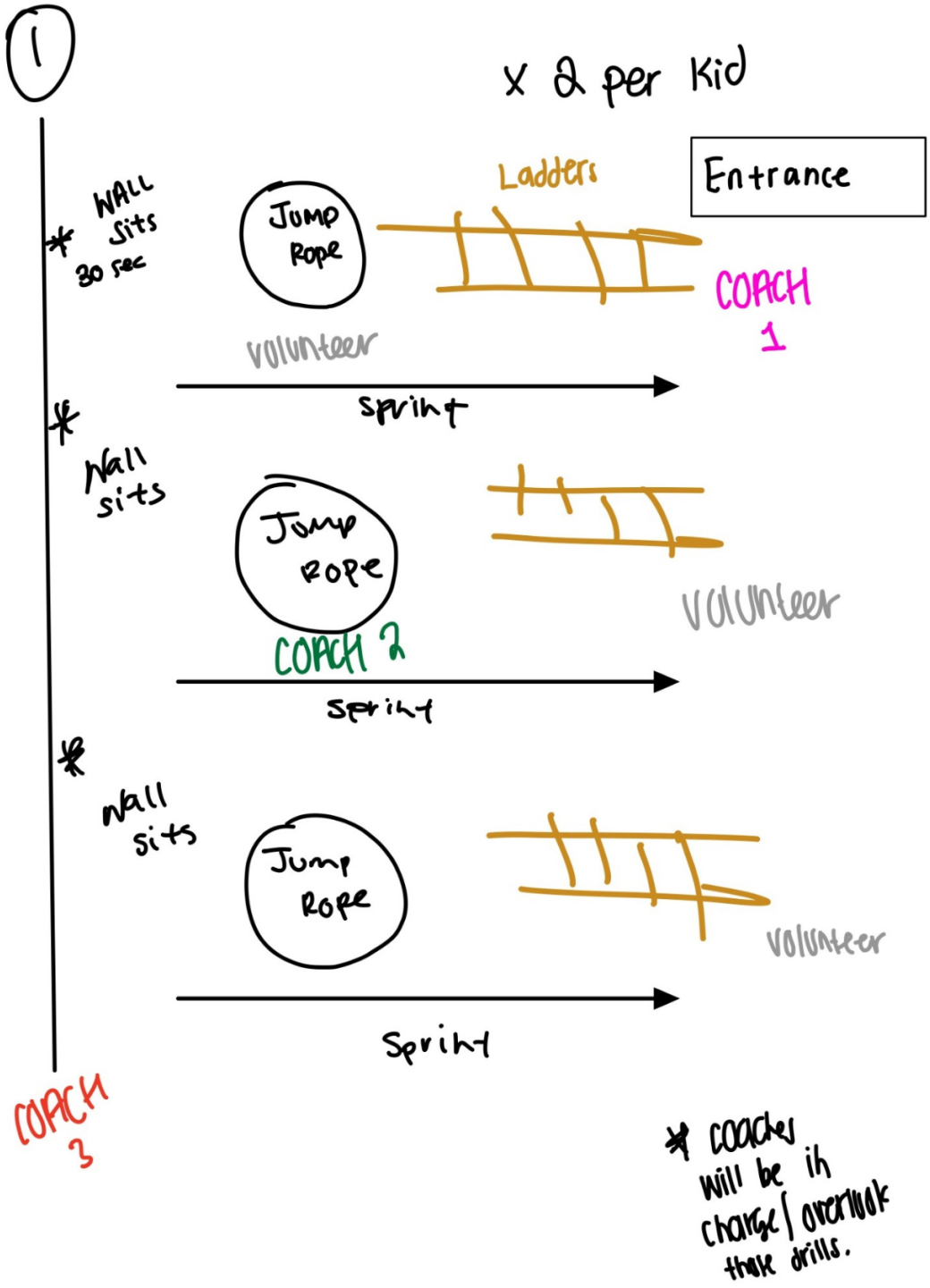
EXERCISE/DRILLS (about 15 min per segment)	**Sports/Exercise/ Connection**	**About 15 min per segment**
1. Track & Fitness a. Obstacle Course - 3 Rounds (structure can be found in image below) 2. Volleyball a. Bumping to oneself & teammate 3. Passing, Pivoting & Taps a. Defensive Shuffle Pass - Chest and Bounce b. Backboard Tap Line i. Jumping back board tap (reaching basket not shooting) c. Follow the Leader In-Place Footwork Sequence i. Fire Feet ii. Speed Skaters iii. Jumping Jacks iv. High Knees v. Inch Worms	There is a direct positive relationship between respiration rate (number of breaths) and heart rate (beats per minute). The more the heart beats, the more breathing occurs. As the heart beats faster, it uses more energy and sends more oxygen to the body. If a person is exercising the oxygen is used very quickly in order to provide the muscles with needed energy to move. Thus the heart beats faster to pump more oxygen to the muscles. In order to meet the increased demand for oxygen, the brain signals the lungs and diaphragm to inhale and exhale with a greater frequency, thus obtaining more and more oxygen. When exercising, the body needs more energy. *Therefore, it needs more oxygen (increased breathing rate) delivered faster (increased heart rate).*	

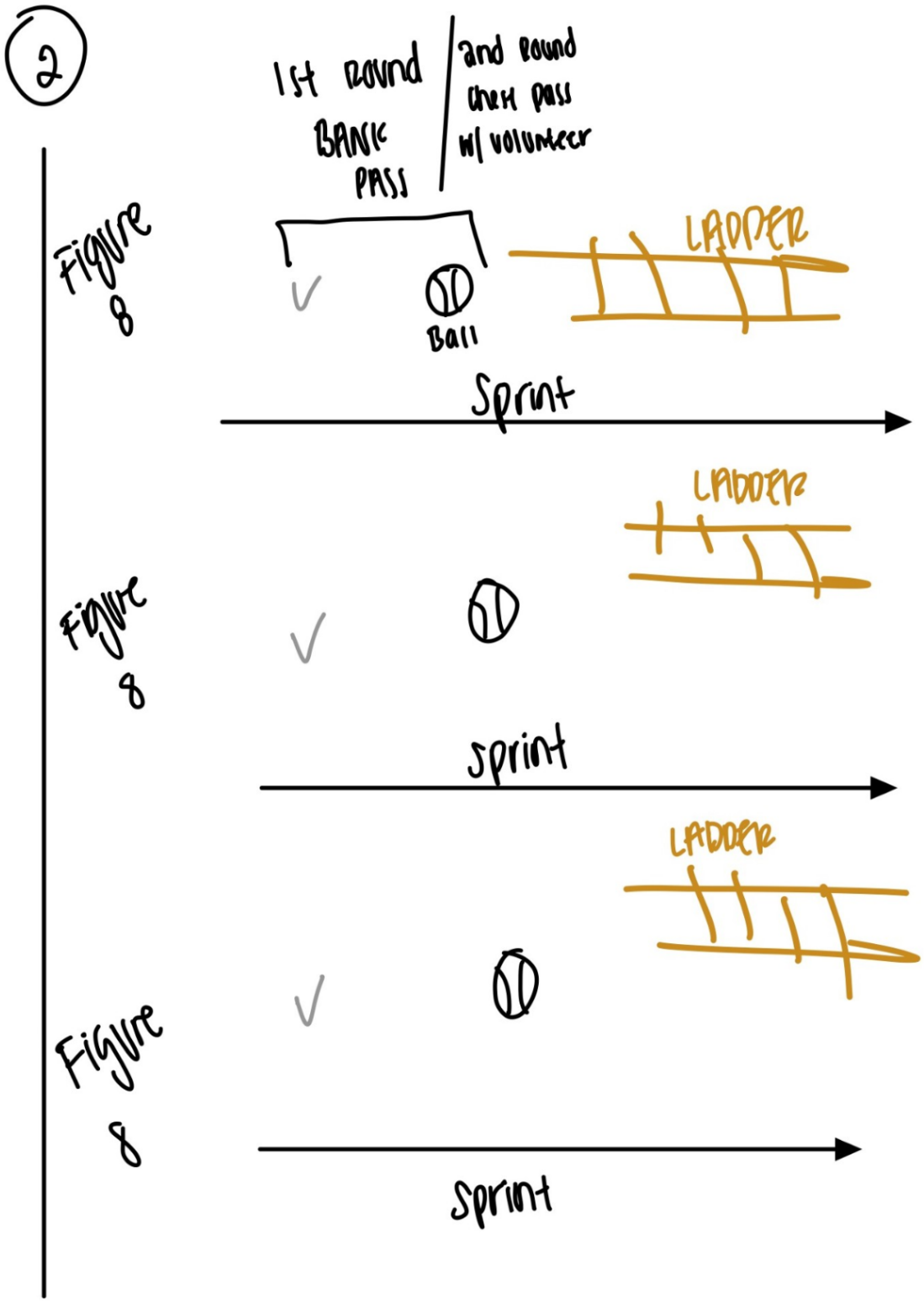
Closing Remarks	**Sports/Exercise/ Connection**	

** drills are after the lungs picture

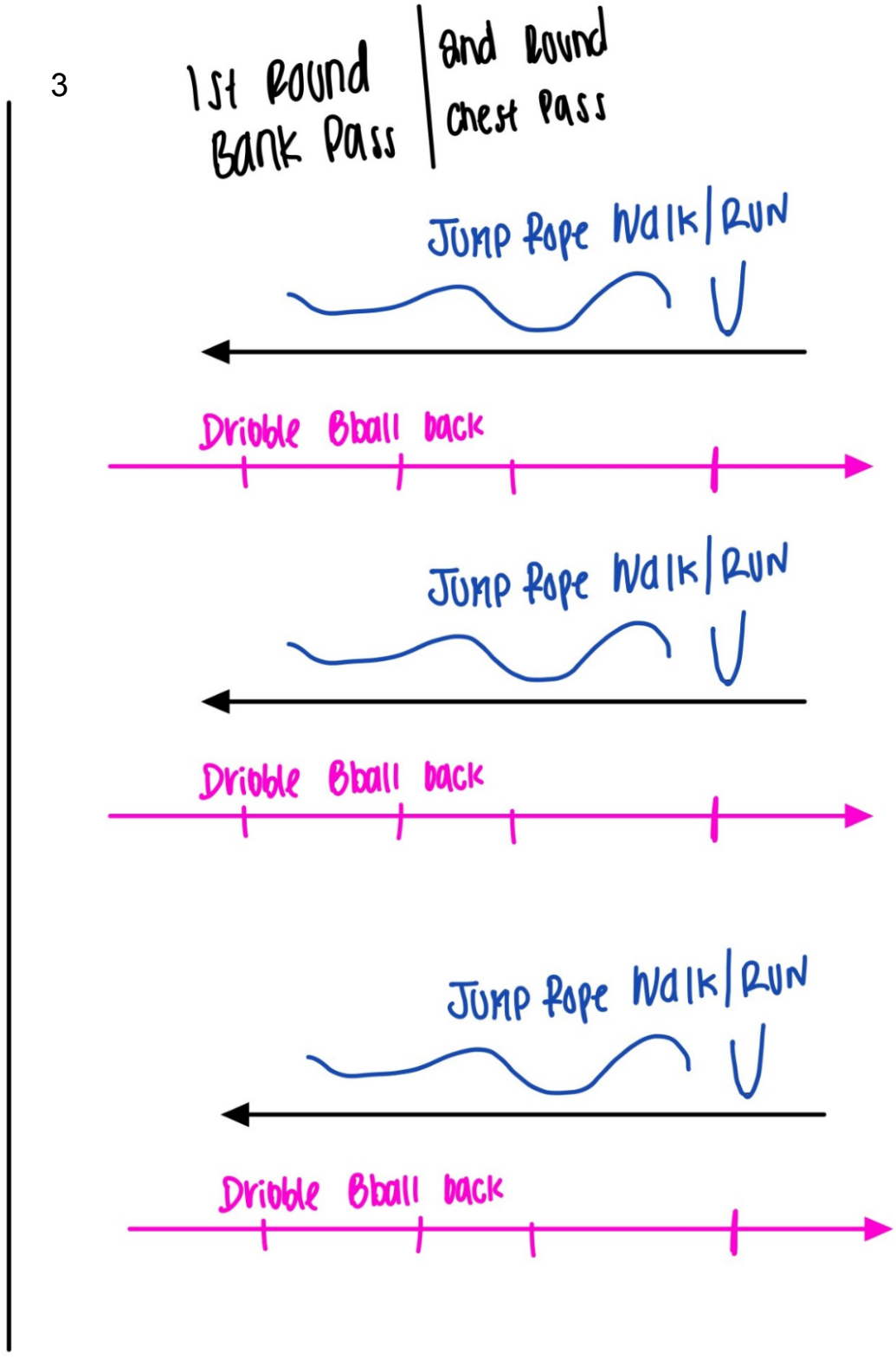


DRILLS


1
x 2 per Kid
Ladders
Entrance
WALL sits 30 sec
Jump Rope
COACH 1
volunteer
Sprint
Wall sits
Jump Rope
COACH 2
volunteer
Sprint
Wall sits
Jump Rope
volunteer
Sprint
COACH 3
* coaches will be in charge / overlook these drills.


2
1st Round
BASIC PASS
2nd Round
check pass w/ volunteer
Figure 8
Ball
LADDER
Sprint
Figure 8
LADDER
sprint
Figure 8
LADDER
Sprint

3


1st Round
Bank Pass
2nd Round
Chest Pass
Jump Rope Walk/Run
Dribble Bball back
Jump Rope Walk/Run
Dribble Bball back
Jump Rope Walk/Run
Dribble Bball back