

Heart Attack Tag

Cards are handed out randomly to several students. If you have a card you are a tagger. Each card has a risk factor for heart disease written on it as well as a fitness activity. If you get tagged you get the card and have to complete the fitness activity before you can tag someone else. If you are not moving your feet during the activity, you will be tagged by the teacher with a sedentary lifestyle risk factor and will have to complete 2 laps around the playing area.