

H3 Heart Healthy Hot Shot

Equipment Needed:

- 4 Chipper Nets, or small shorter nets that do not have a hole in the bottom)
- 6 Poly Spots
- 2 Foam Balls, Softball size
- 1 stopwatch
- Notecards for topics and questions

DIRECTIONS:

1. Each group will split into two even lines, the lines are working as **one** team with two stations available to increase activity and participation time.
2. Each line will use the poly spot as the start line, they will shoot the ball towards the grouping of three nets that are directly in front of them. The student who shoots, must retrieve their own ball and pass it to the next person in line.
3. There are four different categories of cards inside each hoop, when a student makes a basket they are then allowed to take one card out of the basket and place it under the correct category on the scoreboard.
4. Once the entire team (both lines) get all of the cards out of the baskets and place them on the scoreboard the time will be stopped or at the end of 3 Min the timer will be stopped, whichever happens first.
5. The students will then check the answer key to ensure they had all correct answers and score themselves with the following point values:
 - 2 Points for every correct card in the proper category
 - -1 Point for every incorrect card placed under the wrong category
 - BONUS 5 points for having all cards on the scoreboard regardless of right or wrong places
 - BONUS 10 Points for having all cards on the scoreboard and all in the right places
6. Students will write their team name on the scoreboard and their score, the winner will be decided once all teams have gone through the station.

EXAMPLE: A team makes 12 baskets, therefor getting all 12 cards out of the basket, however they only placed 10 cards correctly. They will get 2 points for each card, $2 \times 10 = 20$, then they would lose 2 points for the 2 cards they answered incorrectly, $20 - 2 = 18$. But they still receive the 5 point bonus because they were able to get all the cards out of the basket, $18 + 5 = 23$ points. They would write their team name and a 23 next to it on the scoreboard before switching stations.

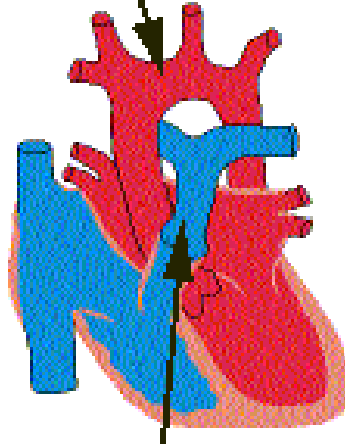
Blue Blood → → Heart



- As de-oxygenated blood (blue blood)
- Dribble towards the heart
- Shoot basketball from designated area
- Rebound basketball and pass to opposite line

Red Blood → → BODY

oxygenated blood to
the body



de-oxygenated blood
to the lungs

- As oxygenated blood (red blood)
- Grab **ONE** bean-bag (oxygenated blood) from hula hoop
- Run to other hula hoop
- Place bean bag in hula hoop
- Go to opposite line

Instructions: Beating Heart

- Split off to each end of the baseline right by the cone, into two equal groups
- One person will go at a time with the scooter and ball
- This person will ride scooter with the ball in your lab, to the “basket” in the middle of the court and shoot from any designated poly spot. There are five different poly spots to shoot from.
- Stand up before shooting the ball, or you may stay seated
- This person will shoot ONCE, retrieve ball, sit back down on scooter, and come back to teammates at the cone.
- Once the teammate is back, the next person in line will go.
- Each SHOT made is worth 1 point
- The team with the most points at the end of the time frame, wins the healthiest heart!
- If you miss a shot it does not count as any points
- The team members WAITING IN LINE will have a choice to keep their heart healthy by doing:
 - Pushups
 - Squats
 - Jumping jacks