

### **Lesson #3: Smoking Aerobics**

#### **Objectives:**

1. Students will become more aware and experience how smoking tobacco affects a person's everyday physical activity. (Stimulated activity where students will be able to perform a step aerobics routine breathing regularly and breathing with a straw)

#### **Equipment:**

1. Straws
2. Steps for aerobics
3. Pulse meters or stethoscopes (styrofoam cups can be used as stethoscopes)
4. Cotton balls
5. Rubber band
6. Sandwich bag
7. "Live Tobacco Free" worksheet

### **Lesson #3: Smoking Aerobics (Cont.)**

#### **Content/Learning Experiences:**

1. Step Aerobics: Do a ten minute step aerobic routine with the students. Any routine will do, as long it is rigorous and gets their heart rate up.
2. Using the stethoscopes have the students check their heart rate. Anything can be used to help them understand that their heart rate has gone up.
3. Discussion: Have the students fill out the first two questions on the worksheet, which are provided.
  - \*Write any two factors you know about smoking.
  - \*Write down your two most favorite physical activities.
4. Mind map what the students answered for question one and discuss. Each student can come up and write their own answer on the board.
5. Smoking Aerobics: Each student needs a straw and a step. They will do the same exact aerobics routine from the beginning of class. The difference is they will be using straws to breath in and out. The straws represent how a smoker feels when doing physical activity.
6. Have the students check their heart rate again to see if there is a difference compared to the first time.
7. Finish worksheets by answering the following questions:
  - \*Write two feeling words you experienced when doing aerobics while breathing through the straw.
  - \*How can smoking affect your two favorite physical activities you wrote down in the previous question.

#### **Literacy Content:**

1. Students will write and share with their class some of the responses written down after performing the activity.

**Source:** [www.pecentral.org/lessonideas](http://www.pecentral.org/lessonideas)