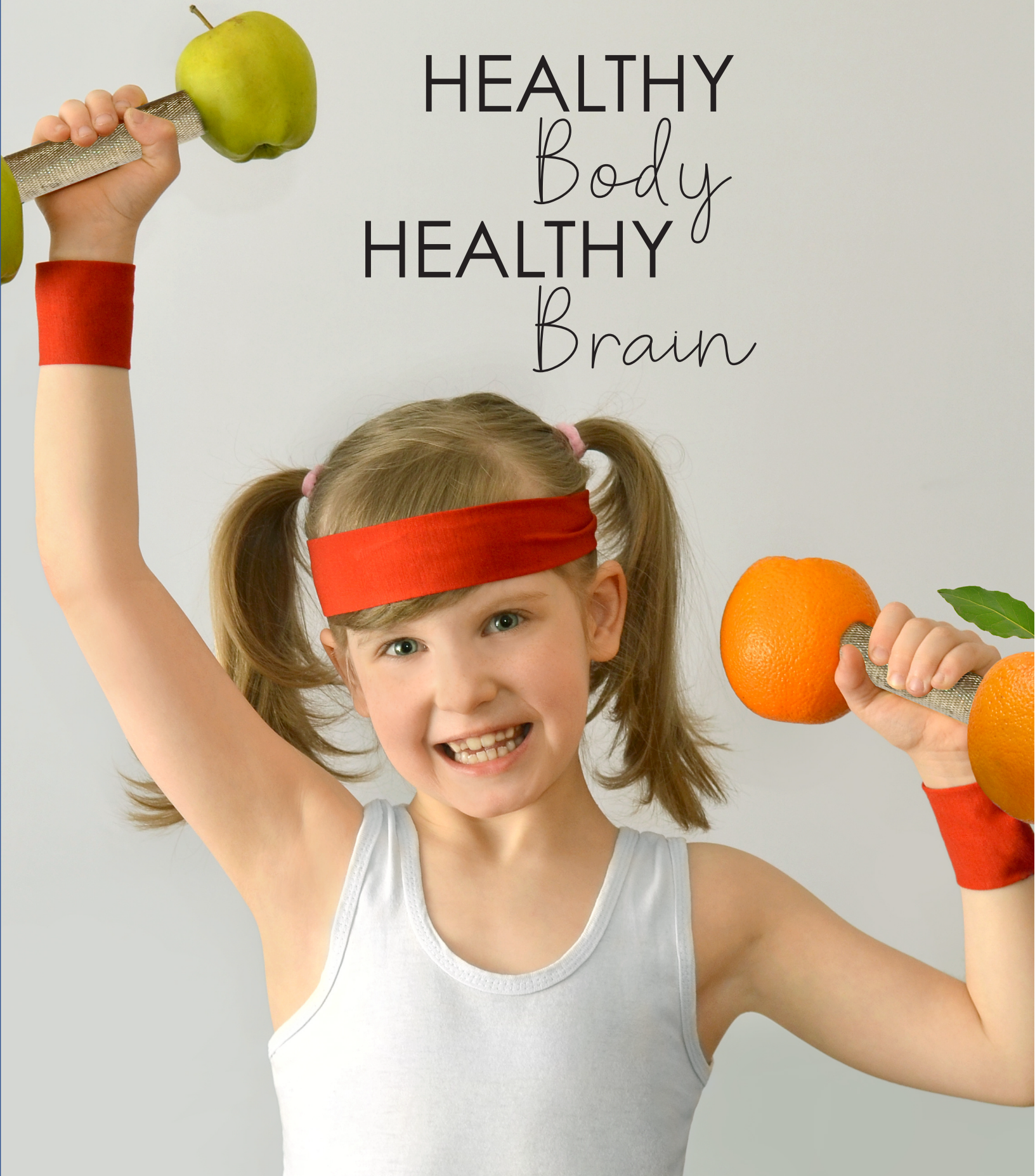


HEALTHY
Body
HEALTHY
Brain



By: Jean Moize



CHOLESTEROL VOLLEYBALL

COOPERATIVE LEAD UP VOLLEYBALL GAME

ABL FOUNDATION:

EYE HAND COORDINATION, PROBLEM SOLVING

TYPES OF MOVEMENT:

COOPERATIVE PEER TEACHING

OBJECTIVE:

Students will understand the effects of high cholesterol on the body and heart by engaging in a game that illustrates the concept.

ACADEMIC CONCEPTS:

Nutrition, risk factors

EQUIPMENT:

A very large 48" ball such as a beach ball, a huge paper ball, or a large plastic trash bag filled with crumpled recycled newspaper. The large ball represents Cholesterol.

A volleyball net suspended at about 5' on poles or a make a version of a volleyball net or "pretend" net

A large bed sheet for each team (or large trash bags or towels if playing with partners)

ORGANIZATION:

Students divide into 2 teams on either side of the net. All team members are standing around a large sheet with both hands holding on to the sheet. If playing in partners, have one-half of the partners on one side of the net and one-half on the partners on the other.


INTRODUCTION:

"High cholesterol is a risk factor for heart disease causing heart attacks and strokes. Eating foods high in fat can cause high levels of cholesterol. The extra fat builds up in the arteries, clogs the artery, and causes less blood flow. Exercise breaks up cholesterol and burns extra fat.

Let's pretend that this big ball is a cholesterol clog and that the volleyball net is an artery. Your job is to work together to unclog this artery."

ACTIVITY:

The object of the game is for one team to throw the ball cooperatively over the net and for the receiving team to catch the ball in the sheet and toss it back and forth over the net. Award one point for each successful throw. Team members will discover techniques for successful throws and catches



creating their own signals and communication. The team that misses gives the serve to the other team.

Students play with a partner holding on to the ends of a towel or pillowcase or plastic trash bag. To catch a served ball, the set of partners closest to the ball must call for it to catch it. Use the rotation system as in volleyball to rotate positions and servers.

CELEBRATE:

Endorphins Cheer: Raise your hands overhead and pump up and down like you're raising the roof. Say, "Endorphins!"

PROCESS:

"Cholesterol is a BIG problem if it gets out of hand. The best way to prevent cholesterol from sticking to the arteries is to EXERCISE."

APPLICATION: CLASSROOM RELEVANCY:

We have a social brain. The brain is distributive and thrives on working with others cooperatively.

BRAIN LINK:

Movement promotes emotional safety through positive social feedback with partners and groups

BRAIN REGION:

Frontal Lobe, Limbic System, Occipital Lobe

