

ARTERY AVENGEERS



Grade Levels: K-5



**GREAT LARGE GROUP FITNESS GAME THAT GIVES
EVERY STUDENT A CHANCE TO BE SUCCESSFUL**

ARTERY AVENGERS

GRADE K -5

OBJECT OF THE GAME: To stay healthy by blocking fats (fluff balls) from entering your arteries(hoops).

Blocking/Guarding, Throwing,

EQUIPMENT:

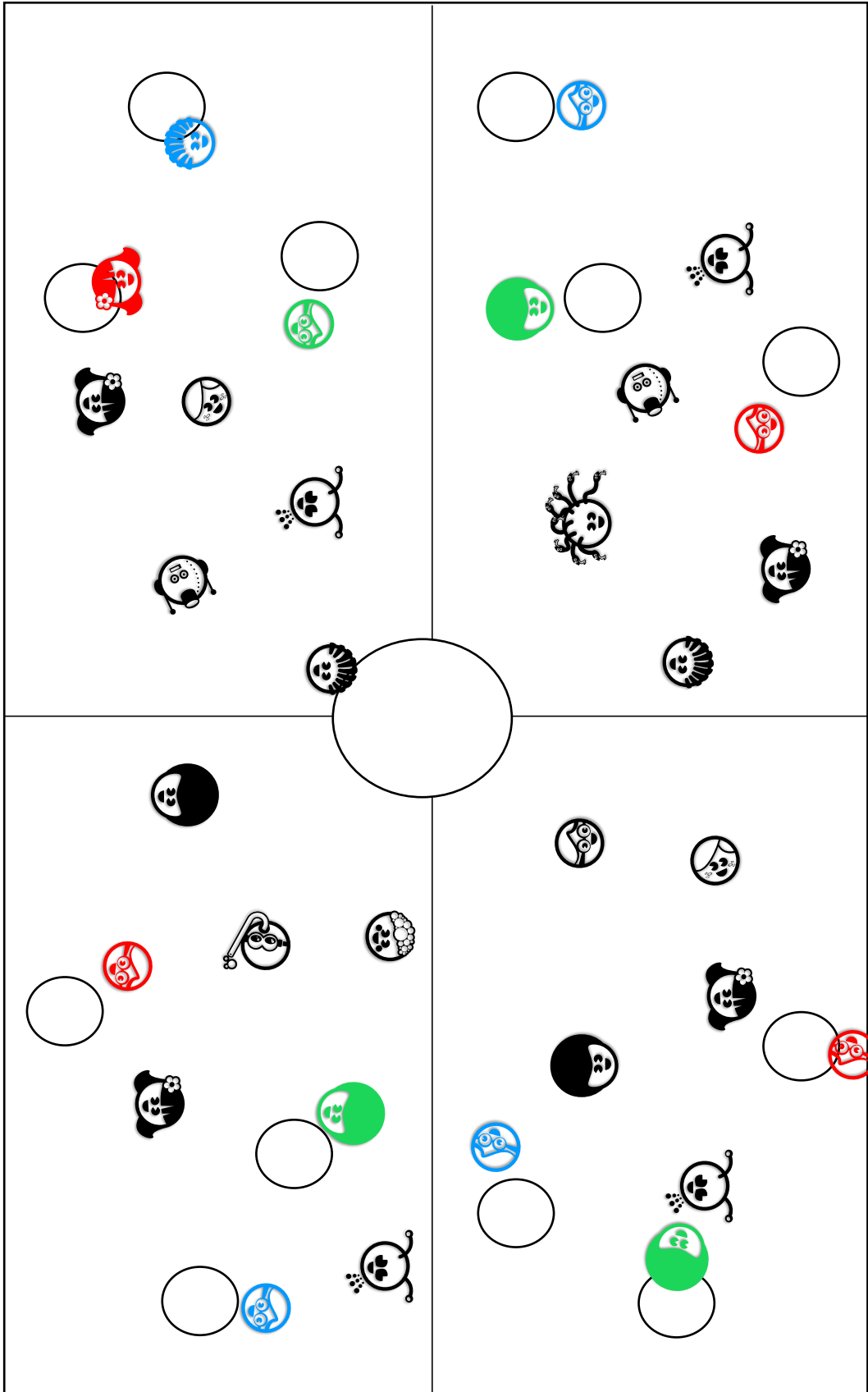
- 12+ hula hoops
- 4 Green Frisbees, 4 Red Frisbees, 4 Blue Frisbees
- Fluff balls (fats) as many as you have. 100+ (could use sock balls or similar soft ball)

Game Layout:

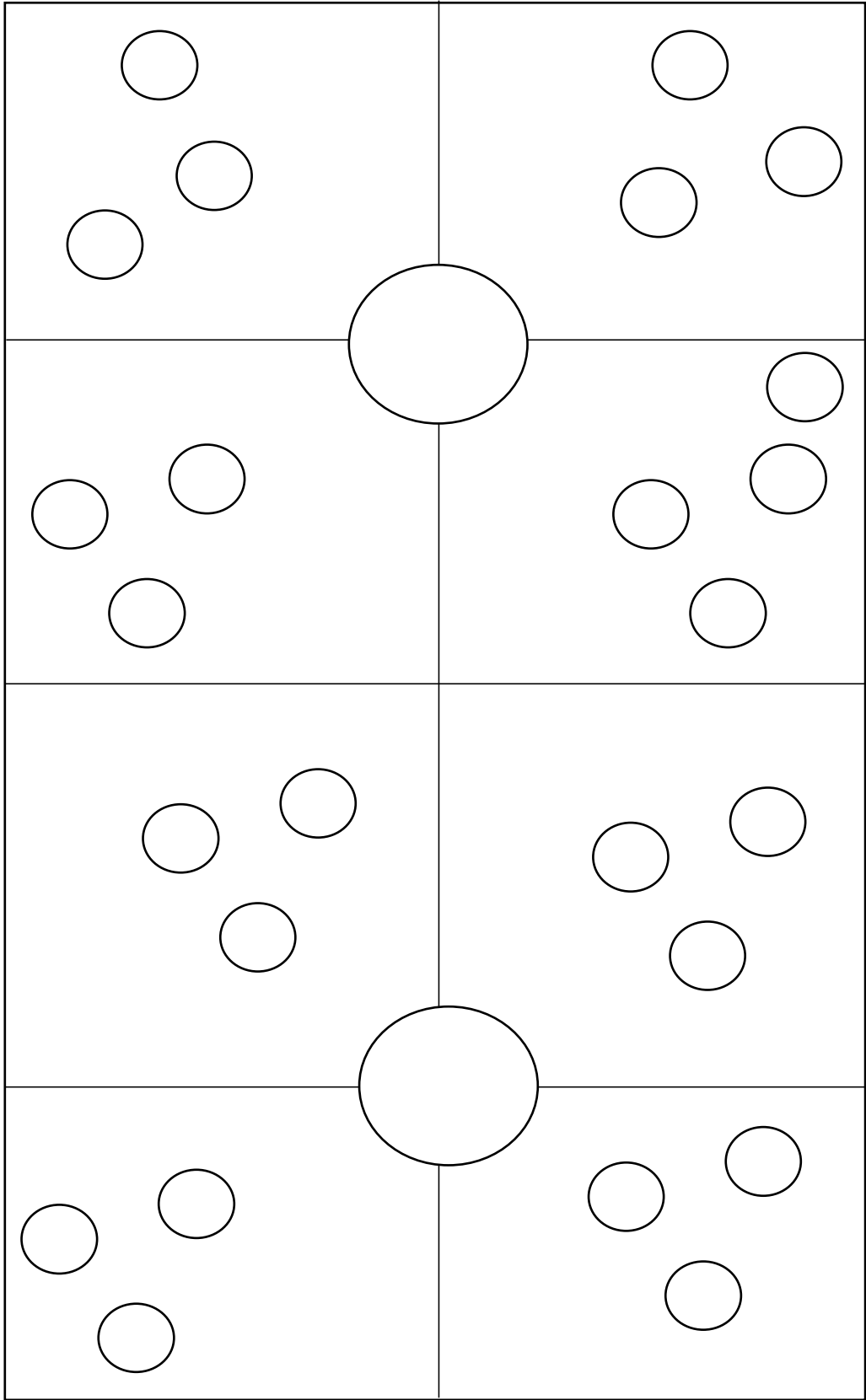
- 3 hoops in each quadrant
- Divide class equally 4-8 quadrants
- 1 of each fat blocker (Frisbees) Red-Exercise, Green-Fruits, and Veggies, Blue-Water
- Fluff balls in the center to begin

DIRECTIONS:

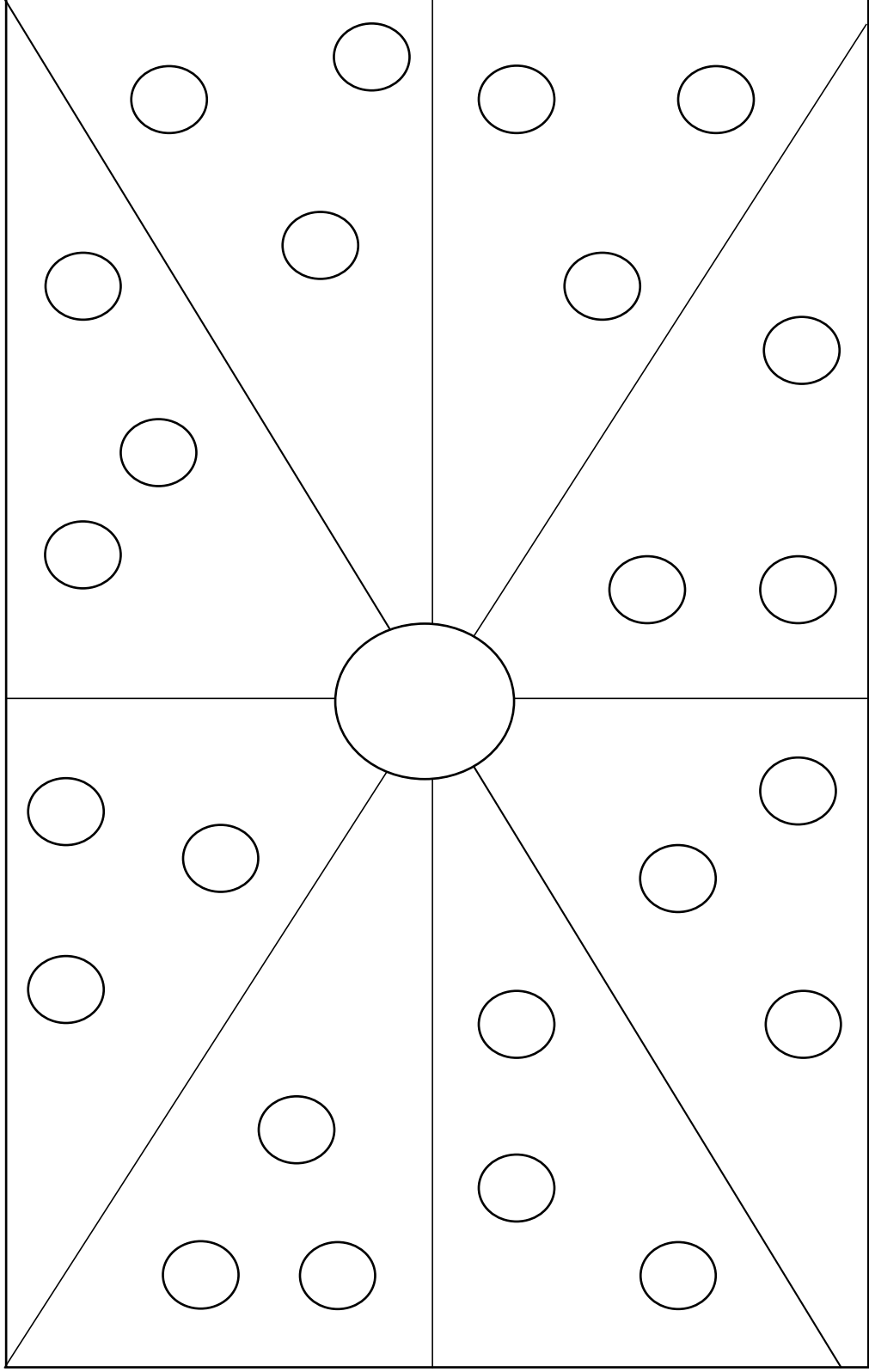
- Students will throw fluff balls into other quadrants trying to clog other arteries.
- Assign one blocker to each hoop (each will hold a fat blocker Frisbee) to block or shield fats (fluff balls) from entering arteries.
- The team with the least amount of fat in their arteries wins!



SET UP OPTION 2



SET UP OPTION 3



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