

Red Ribbon Week PE Class Activities for students in grades 4, 5, 6 & 8:

Tobacco Volley – The students were split into two teams and each team was on one side of the “net”. The students then lay on their backs with their heads facing the net. The students were only allowed to use their hands to get the balloon over the net to create a volley. After the students played for awhile we then connected the game to smoking and talked about how each team represents a lung and that their arms represent the hairs in the lungs called cilia. We discussed what happens to the lungs and cilia when a person smokes. Then each team was told that they were a set of lungs from a smoker. We then created a volley with being able to use only one cilia (hand) because the other was damaged from all of the tar.

Survey – Most students in grades 5-8 participated in a survey related to tobacco. Some of the students in Mr. Hayman’s class created graphs to represent the data collected. The following are a few of the results.

**How many of your four closest friends smoke cigarettes?**

None – 86%    One – 7%    Two – 4%    Three – 1.5%    Four – 1.5%

**Do you think most people like being around smokers?**

Like – 37%    Dislike – 63%

**Do you think most high school students smoke?**

Yes – 66%    No – 34%

**Do you think most middle school students smoke?**

Yes – 29%    No – 71%

**If your best friend offered you a cigarette, would you smoke it?**

Probably yes – 6%    Probably no – 13%    Definitely no – 81%

**Do you think there are health consequences from using tobacco?**

Yes – 84%    No – 16%