

Scream Run

Summary

This is an opportunity for the students to test their lung capacity as well as let off some steam.

Group Size

Individual

Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

Materials

none

Background for Teachers

Proper running form.

Student Prior Knowledge

Lung capacity, and what it means.

Intended Learning Outcomes

Be able to accomplish this exercise without touching others and use all of their oxygen wisely.

Instructional Procedures

Students line up along a line and when the signal is given they take a deep breath of oxygen and then they scream while running as far as they can before they exhaust their supply of air.

When they run out of air, they are to stop and see how far they made it using just one breath.

You may also have them try this activity by holding their breath with no screaming, but it is difficult to tell if they snuck another breath.

Emphasize to the students that this is intended to be an enjoyable activity, therefore they must stop running and breathe when they need the air. This should not turn into a dangerous activity.

Strategies for Diverse Learners

Have some try whistling or singing a song until their first breath is used.

Authors

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