

## MANITOBA ADDICTIONS AWARENESS WEEK

<b>TOPIC:</b>	Smoking
<b>AUDIENCE:</b>	Grades 3 - 4
<b>OUTCOME:</b>	Recognize that the body needs sustained or intermittent vigorous physical activity to improve the strength of the heart and lungs.  Determine own performance level for health-related fitness components (i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility), using simple tests or tasks.

### Directions for Preparing Your Huff N' Puff Test Smoking - Activity 1

#### You will need:

- a large empty plastic vinegar bottle with a cap
- a ballpoint pen
- 50 cm (about 1.5 feet) of plastic aquarium tube
- a felt-tip pen
- the kitchen sink (with a plug), or a large flat-bottomed plastic bowl
- water
- masking tape

#### How to Make Your Tester

- Step 1 Wash out the vinegar bottle. On opposite sides of the bottle, punch two holes with the ballpoint pen. The holes should be 3 cm. (Approx. 1 inch) up from the bottom and just big enough for the aquarium tube to fit.
- Step 2 Using the felt-tip pen, draw a short line on the side of the bottle just beneath the handle. This will be the watermark.
- Step 3 Plug up the sink and stand the bottle upright in it. Add enough water to the sink to completely cover the holes in the side of the bottle. Next, fill the bottle with water to the watermark. Screw on the cap.

## **Now Test Your Huff 'N Puff Power**

- Step 1 You're going to find out how much water you can blow out of the bottle with only one breath. So, take a deep breath and blow into the tube as hard and as long as you can. When you blow into this tube, air from your lungs takes the place of the water inside the bottle and squeezes it out through the hole at the bottom. The stronger your lungs become, the more water you'll be able to force out of the bottle with each breath. You'll be surprised at what you can do!
- Step 2 Write your name and date on a piece of masking tape and stick it on the side of the bottle so that its top edge lines up with the level of the water remaining in the bottle. This is the measurement of your Huff 'N Puff Power.
- Step 3 If you want to compare your lungpower with that of a friend, fill up the bottle with water again, and have your friend repeat steps 1 & 2 above. Ask your physical education teacher to give you some exercises to increase your lungpower. Examples are: running, dancing, cycling, swimming, or skipping. Exercise everyday and you'll soon be able to force more water out of the bottle.