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**Name/Title:** Dental Health Tag

**Academic content:** Health Science - Dental Health

**Purpose of Event:** This activity will help students understand that plaque is the yellow residue on teeth when they are not brushed regularly. Brushing regularly and visiting the dentist helps students have healthy teeth. Students also learn the vocabulary words plaque and dentist.

**Prerequisites:** Ability to move throughout the space without collisions. Discuss the four ways to care for your teeth: 1) Brush teeth twice daily. 2) Floss teeth regularly. 3) Eat healthy snacks. 4) Visit the dentist regularly. "George Washington's Teeth" or "Tall Toothbrush" are examples of two books to read to the children.

**Suggested Grade Level:** K-2

**Materials Needed:** 3 yellow fleece balls, 2 white short sleeved shirts or doctor's coats, 2 toothbrushes

**Physical activity:** Chasing, fleeing and dodging (various locomotor skills)

### Description of Idea

Explain to the students that they will be playing Dental Health Tag. Three students are the plaque. The plaque students will be chasing the others with the yellow fleece balls. The yellow fleece balls cannot be thrown but must touch the person gently. If a student is touched with the fleece ball (s)he is frozen and cannot move. The frozen student calls for the dentist to help get rid of the plaque. The dentist wearing the coat and carrying the toothbrush comes to assist and gently brushes the frozen person's shoulder. The frozen person is now rid of plaque and can run. Change taggers (plaque) frequently.

**Variations:**

Add other dental health elements like flossing, cavities, decay, appropriate foods to eat, etc.

**Assessment Ideas:**

As children exit, ask them to state a way to care for their teeth and ask what forms on the teeth when one doesn't brush them regularly.

**Teaching Suggestions:**

Getting to wear the dentist coat is a lot of fun for students, who are referred to as: "Dentist, (child's name)."

**Adaptations for Students with Disabilities:**

A smaller playing area might be needed for those not able to run the whole gym.

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Submitted by **Susan Lalman** who teaches at Morrison Elementary School in Morrison, OK. Thanks for contributing to PE Central! **Posted on PEC: 3/9/2008**. Printed 384 times since 2/26/2008.

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