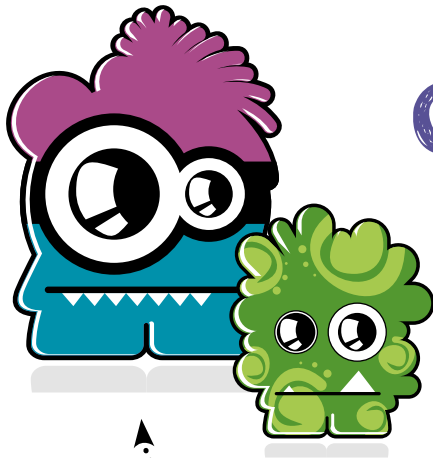
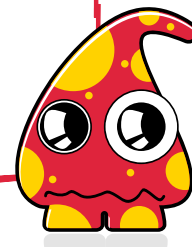




# PLAQUE BUSTERS



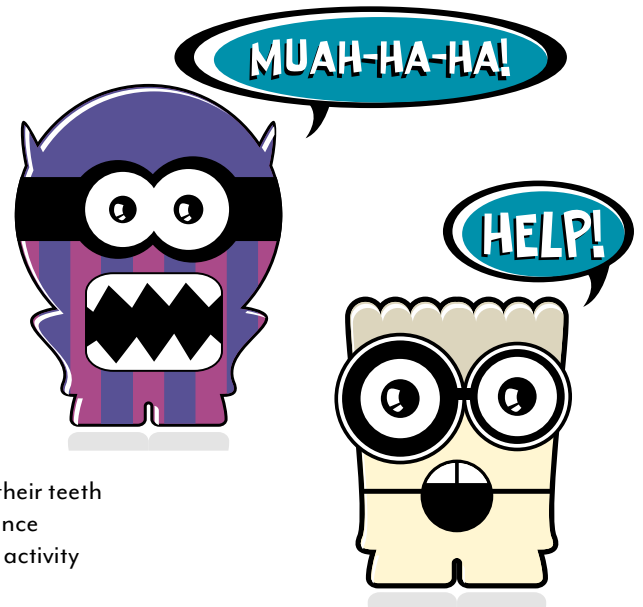
object of  
the game

Avoid the plaque monsters.

objectives

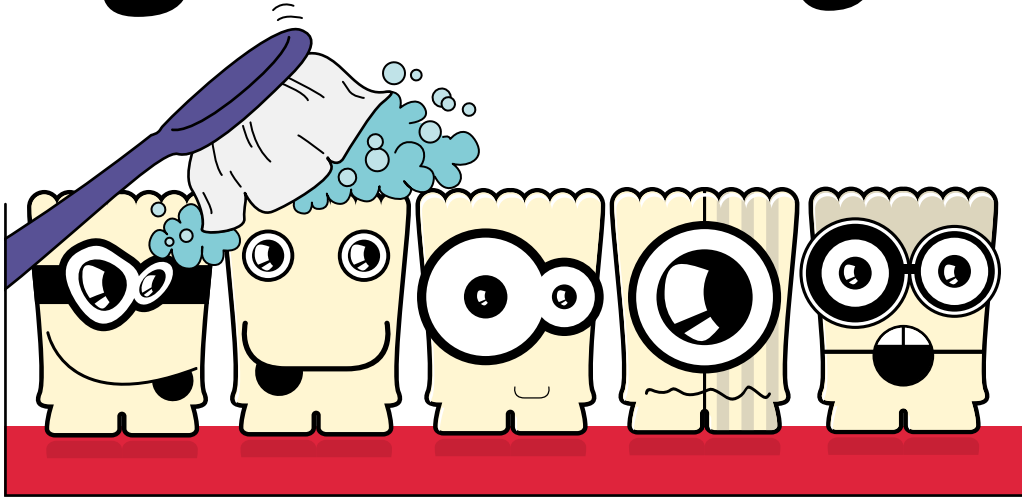
STUDENTS  
WILL...

- Learn the proper way to brush their teeth
- Increase cardiovascular endurance
- Partake in a fun cardiovascular activity



# RULES

- Use proper tagging technique.
- Run with head up and eyes open and facing forward.
- Be aware of your surroundings.

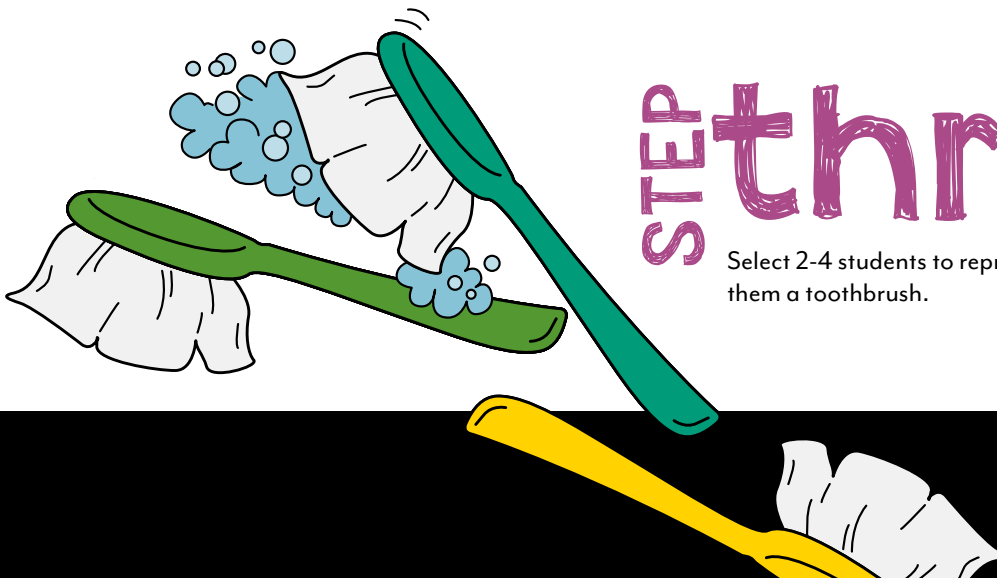


## STEP one

Gather the class together and demonstrate proper brushing technique. Demonstration should include explaining that the proper way to brush teeth is to brush the sides, front, back, top, and bottom. Remind them to brush their tongue.

## STEP two

Select 2-6 taggers to represent the plaque monsters. Each "plaque monster" should be given a yarn ball to represent plaque.

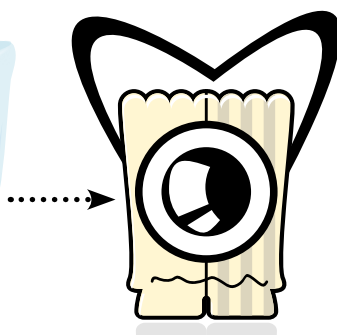
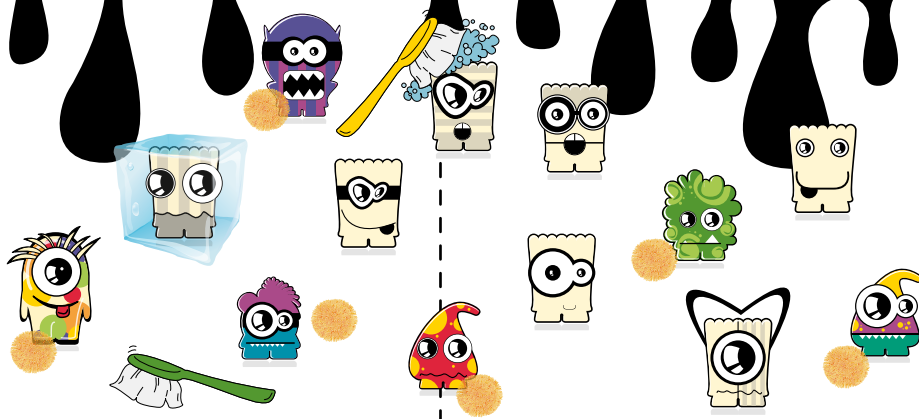


## STEP three

Select 2-4 students to represent the dentists and give them a toothbrush.

# STEP four

The rest of the students will represent teeth. On "Go," the "teeth" will run around the gym, avoiding the "plaque monsters," who will attempt to tag the "teeth" with their yarn ball.

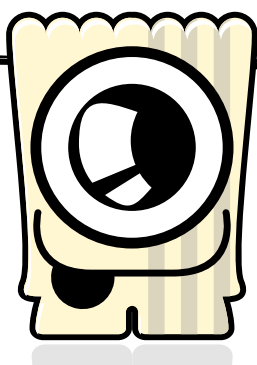
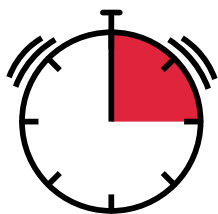
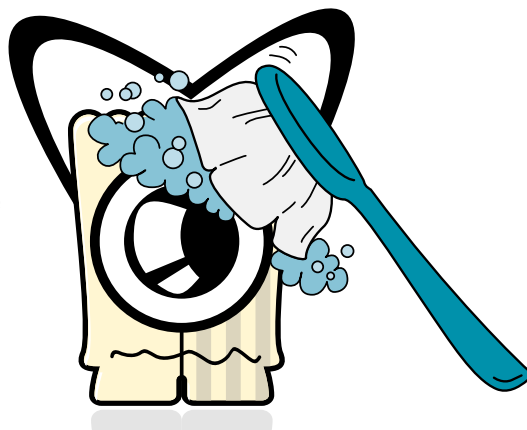


# STEP five

If a student is tagged, they become frozen and must stand with their feet apart and their hands over their head in the shape of a heart. The feet will resemble the tooth roots, and the hand position represents the crown of the tooth.

# STEP six

The frozen student must remain in that position until one of the "dentists" arrives and brushes the front, back, sides, top, and bottom of the "tooth" and tongue with the giant toothbrush. Once this is done, the "plaque" is removed and the student returns to the game. The tooth then becomes the dentist.



# STEP seven

Play for several minutes, then switch "plaque monsters."

## GAME VARIATIONS

- Read a book about teeth.
- Change locomotor skills.
- Use a swim noodle as dental floss.

# equipment LIST



- 2-4 Giant Toothbrushes — **SB23380**
- 2-6 Yarn Balls — **PE08250(C)** (4" dia., set of 6)



## SEL POWER-UP REFLECTION

Suggested questions for an SEL-focused discussion after the game.

### GROUP REFLECTION:

1. Why is brushing our teeth important for ourselves? Why is important to our friends?
2. How did it feel to be the plaque monster?
3. Why was the role of the dentist important?
4. How did it feel to be the dentist?
5. What would have happened if you were frozen and the dentist never came?
6. How did you resolve any disagreements or issues that arose?
7. What role did communication play in the game?

### SELF-REFLECTION:

1. Did I try my best in this game?
2. How did I feel as I played?
3. Did I do my best to be a team player?

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