

Peak Flow Bombardment

Ages 7-14

Activity Objective:

To reinforce the helpfulness of peak flow monitoring and to develop an understanding of peak flow ranges.

Instructions:

- Group is divided in half.
- Each team member is given a red, yellow or green sticker, which is placed on each person's back. The colored stickers represent the peak flow zone. The same number of each color sticker is divided evenly. The red sticker is worth 1 point, the yellow sticker is worth 2 points, the green sticker is worth 3 points.
- The area you will be playing in is divided in half and a mid-line boundary is marked. One team on each side.
- Each team is given a rubber ball.
- The object of the game is to throw and hit other team players with the rubber ball without them catching it. When a player is hit by the ball, they are out and they sit out of the game.
- If a ball is caught then the person who throws the ball is out and the team that caught the ball gets double points.
- Once a player is out they have to take their peak flow and plot it on a predesigned peak flow graph. The graph is divided up into appropriate ranges. (See next page for peak flow ranges.)



- The team gets the appropriate points depending upon which range their peak flow is in. (To do this each child needs to know their baseline.)
- *Variation:* Prior to playing each child could create their peak flow graph, coloring in their peak flow zones.
- Group leader is the scorekeeper.
- When a team loses all their players, the game is finished and the other team gets a bonus 10 points.
- Tally all the points and the team with the highest points wins.

(continued)

Peak Flow Ranges

Green Zone: 80%-100% of personal best

Yellow Zone: 50%-79% of personal best

Red Zone: less than 50% of personal best

Materials Needed:

- 2 rubber balls,
- Red, yellow, green stickers (or colored paper and tape)
- Red, yellow and green crayons
- Peak flow graph (see copy)
- Pen
- Peak flow meters
- Mouthpieces