



Breathe Easy Track Meet

Purpose/Summary: Increase tobacco prevention awareness

Materials Needed:

- Track meet supplies
- Straws
- Poster board and markers

Preparation/Instructions: Organize a track meet to show how cigarettes can affect peoples' ability to perform well as athletes. You can either organize a special track meet to educate students about the harmful effects or hazards of tobacco, or you can add the theme to one of your school's scheduled events.

EVENTS

- **Activity: Breathing through Straw**
Give everyone a straw and have them hop on one foot or run in place for 30 seconds while breathing through the straw. This is meant to simulate how it feels for a smoker to breathe while participating in physical activities. Remind everyone to keep this in mind while they are running their races.
- **Relay: Get rid of that cigarette as fast as you can!**
You can have a variety of relays so everyone can participate. The first thing to do is decorate your baton (a track baton or an empty paper towel roll) with paper or paint to look like a cigarette. Then cover the cigarette baton with hazard and warning labels. For example, use the Surgeon General's warning, or be creative and make your own! For the relay, tell everyone they need to get rid of the "cigarette" as fast as they can by passing it off to their teammates.
- **Individual Events: Breathe Easy!**
Get ready to race. Hold individual events from the 50 meter dash to the two-mile run, making everyone aware of the simple fact that if they were to smoke, they would not perform as well, nor be able to breathe as easily while running.
- **Shot Put Event: Crush Big Tobacco!**
The "Crush Big Tobacco" shot put event is just like a normal shot put event—everyone is trying to throw the shot put as far as possible. For the distance marker lines you have a variety of options:
 - You can decorate posts to look like cigarettes for each distance line.
 - Make a line of tobacco advertisements for the kids to "crush" as they throw the shot put.
 - Come up with your own idea!
 - If you don't have a real shot put, don't worry about it—any ball will do!
- **Long Jump: How far will you go to stay tobacco-free and stop Big Tobacco?**
If you have a long jump pit at your track, all you have to do is let students take turns jumping. If not, you can perform this event on a field instead. All you need is a line to start running from, a line to jump from, and a tape measure to keep track of how far people jump.

Derived from: The Campaign for Tobacco-Free Kids

