



## FRUIT & VEGGIE HORSE PLAY

Basketball Instant Activity for Grades 2-6

### Standards/Outcomes Addressed

Standard 1 [E17.4] Dribbling with hands in self-space, both hands, mature pattern.

Standard 3 [E6.5] Nutrition, analyzes impact of food choices relative to personal health.

Standard 4 [E4.4a-b] Praises performance of others more- and less-skilled. Accepts players of all skill levels into the physical activity.

Serving Up My Plate Objective [Level 3] Identify the 6 main nutrients and a variety of foods that contain them. Explain how nutrients help us grow and stay healthy.

### Student Targets

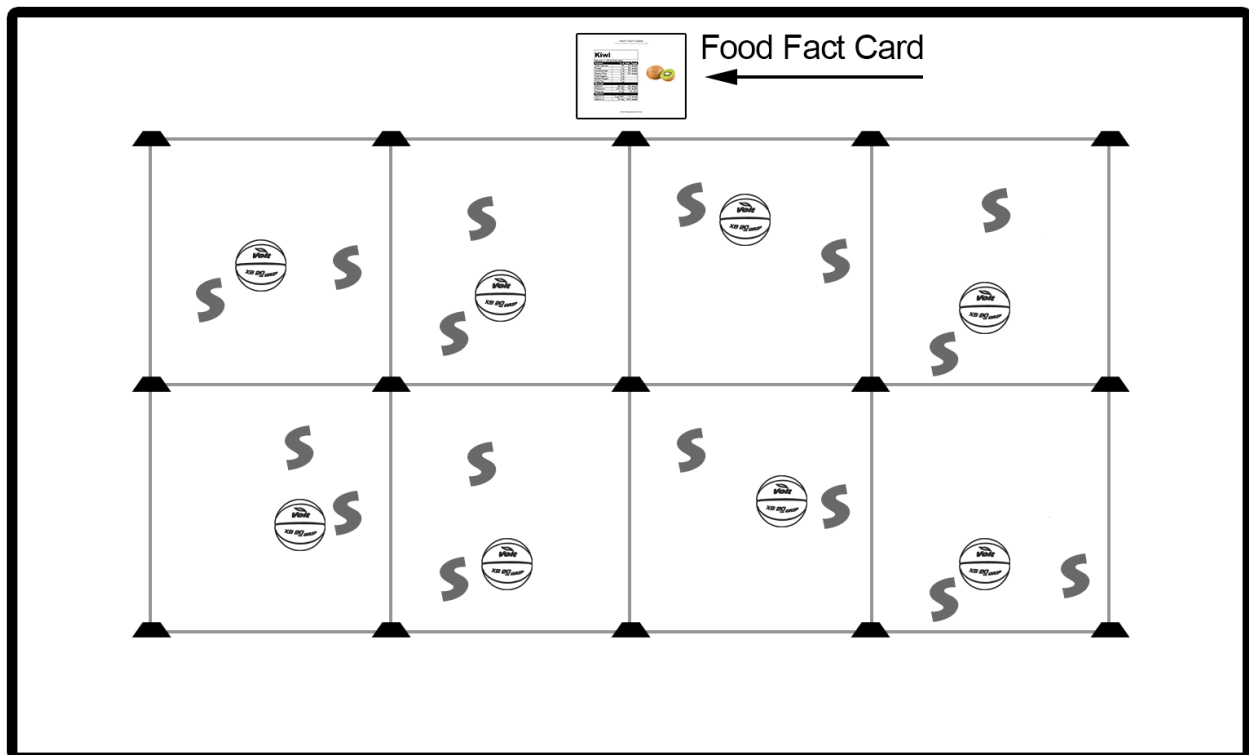
- ✓ Skill: I will create a 5-dribble sequence during the game of Fruit & Veggie Horse Play.
- ✓ Cognitive: I will discuss 1 fact about a fruit or veggie during the lesson debrief.
- ✓ Personal & Social Responsibility: I will play Fruit & Veggie Horse Play with a partner, showing respect for different abilities by praising my partner at least 1 time.

### Equipment/Resources Needed

- 1 basketball per pair [Recommended intermediate ball [Voit XB 20 The Grip](#)]
- Enough cones or markers to create activity grids
- 1 Food Fact Card

### Activity Set-up

1. Create enough grids to divide your class into pairs, each pair in a grid.
2. Place 1 basketball in each grid.
3. Post Food Fact Card at the entrance to the activity area.





### **Activity Procedures**

1. There's a Fruit or Veggie Fact Card posted near the entrance to the activity area. Use the name of the food that is posted as the word for your game of horse.
2. Dribble Horse Play:
  - Your goal is to create a 5-dribble sequence that your partner can't complete without losing control of the basketball.
  - When a player trying to recreate a sequence loses control of the ball, that person adds a letter to their score (for example: A for APPLE).
  - The first person to spell the entire food name is eliminated and the game restarts.
  - The shortest player in the group goes first.

### **Progressions**

- Passing Horse Play: This is a 2 v 2 game. Pairs will create a 5-pass sequence for another pair to try and duplicate. No pass type can be made back to back. For example, pairs cannot make 2 bounce passes in a row.

### **Modifications**

- Students v Teacher: Teacher creates a dribble sequence that all students must follow.

### **Debrief Questions**

- Who will tell me what the 6 main nutrients are? [Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water] Carbs, proteins, and fats give us energy to live, move, and grow, while vitamins, minerals, and water are needed for our bodies' systems to work correctly.
- Let's discuss the food we used in our game. What nutrients did our food have a lot of? What are some other types of foods that we could eat in order to get the nutrients that are missing?

### **Teacher Checks and Balances**

- *[As the teacher]* I will focus on providing positive and corrective feedback to students during game play in order to guide them in the development of mature dribbling.
- I will also focus on facilitating a clear and concise debrief session, focused on reinforcing factual nutrition information.