

FOOD IS FUEL TAG

STUDENT TARGETS

- ✔ **Fitness:** I will identify foods that provide good fuel for my body.

TEACHING CUES

- ✔ Eyes Up
- ✔ Be Aware of Your Surroundings
- ✔ Safe Tagging

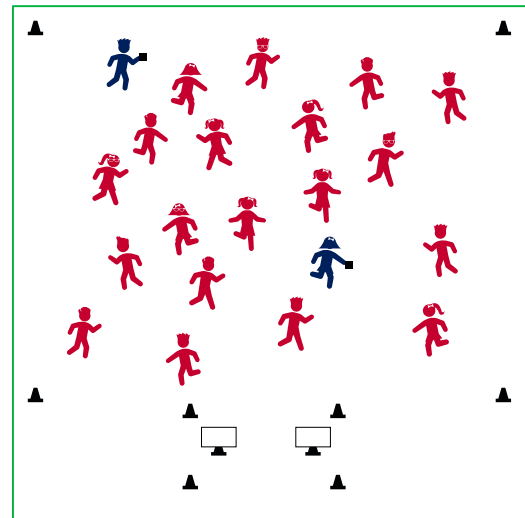
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 8 cones for boundaries and the “garden” area
- ✔ Bean bags or rubber critters to identify taggers
- ✔ Garden Reentry Posters
- ✔ Task Tents (optional)

Set-Up:

1. Create a large playing area using 4 cones.
2. Use 4 cones to create a garden reentry area.
3. Scatter students in the activity area.
4. Give bean bags to 2 or 3 students to identify them as taggers.



Activity Procedures:

1. Today we’re going to warm up our bodies for physical education class by playing Food is Fuel Tag.
2. When I say “GO!” begin playing at a speed-walking pace. The taggers will do 5 jumping jacks to give you time to move away from them.
3. If you’re tagged, move to the “garden” (area on sidelines marked with cones) and pick fruits and veggies that provide good fuel for your body. There are different sections of the garden marked with activity signs to help you know what type of food you’ll be picking. For example, one sign says, “Do 3 squats to pick and fuel-up with 3 carrots.”
4. Complete the activity and return to the game.
5. Freeze when you hear the stop signal and we’ll change taggers.

Grade Level Progression:

K: Keep the pace at a speed-walk. Provide only 1 Garden Reentry Poster.

1st – 2nd: When students demonstrate safe movement, increase the pace to a skip or gallop. Provide 2 or more Garden Reentry Posters.

3rd – 5th: Allow students to create their own Garden Reentry Posters. Prompt them to analyze the food choices based on their activity preferences and personal health goals.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E6.3]** Recognizes that food provides energy for physical activity (K); Differentiates between healthy and unhealthy foods (1); Identifies foods that are beneficial for pre- and post-physical activity (3); Analyzes the impact of food choices relative to physical activity, youth sports, & personal health (5).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What foods from the garden did we use to fuel our body?
- ✔ **DOK 2:** How can these foods help fuel our activity?
- ✔ **DOK 3:** How is nutrition and food choices related to personal health?