



HARVEST TAG

STUDENT TARGETS

- ✔ **Fitness:** I will name each of the 5 food groups and discuss why each food group is important.

ACTIVITY SET-UP & PROCEDURE

Equipment:

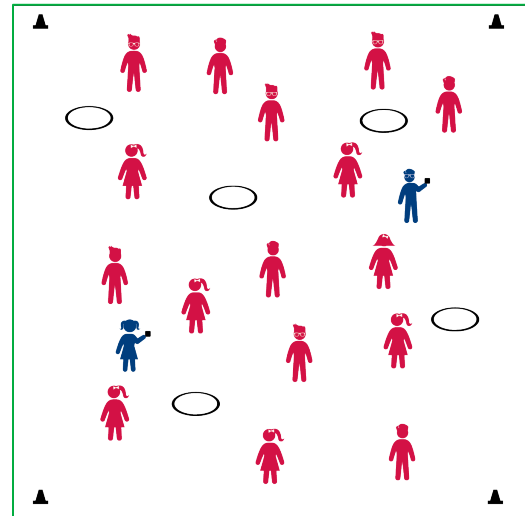
- ✔ 4 cones for boundaries
- ✔ Bean bags or rubber critters to identify taggers
- ✔ 4-5 hula hoops

Set-Up:

1. Use the cones to create a large activity area.
2. Scatter students in the activity area.
3. Spread the hula hoops out within the activity area.
4. Give bean bags to 2 or 3 students to identify them as taggers

TEACHING CUES

- ✔ Eyes Up
- ✔ Be Aware of Your Surroundings
- ✔ Tag Safely



Activity Procedures:

1. Today we're going to warm up our bodies for physical education class by playing Harvest 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 inside a hula hoop and wait there for 4 other players to join you, forming a group of 5 people. (If you don't have hula hoops available, students can link arms to form the group.)
4. The hula hoop represents a plate, and the 5 people in the hoop represent the healthy food groups you should include in every meal (Fruits, Vegetables, Protein, Grains, and Dairy).
5. As soon as you have a group of 5, everyone in that group is free and reenters the game.
6. Freeze when you hear the stop signal and we'll change taggers.

Grade Level Progression:

K: Keep the pace at a speed-walk. When the students find a group of five, have them hold up individual numbers (1-5) with their hands to show that there are five people.

1st – 2nd: When students demonstrate safe movement, increase the pace to a skip or gallop. Have the students recite the five food groups before they can be unfrozen.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E6.2]** Recognizes the "good health balance" of nutrition and physical activity.

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What are the five food groups that make up a healthy meal?
- ✔ **DOK 2:** What are some examples of foods from each group?
- ✔ **DOK 3:** Why is it important to eat foods from each food group?