

FRUIT & VEGGIE LUV RELAY

LEARNING TARGETS

- ✓ I will follow all physical activity rules.
- ✓ I will control my body and actions by taking turns.
- ✓ I will talk about why it's important to wait for my turn while playing in a relay.

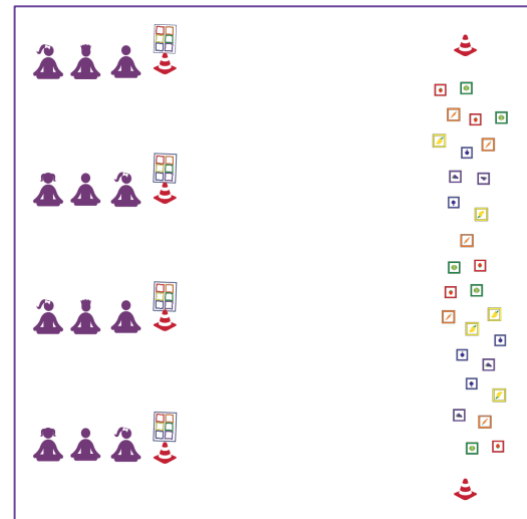
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ 1 large cone per group of 2–4 students
- ✓ 1 set of Fruit & Veggie Cards per group
- ✓ Music player
- ✓ HHPH Song File: [Veggie Luv](#)

Set-Up:

1. Create 2 parallel lines in your activity space. Place 1 cone on each end of 1 of the lines, and scatter Fruit & Veggie Cards between them.
2. Evenly spaced along the other line, create a home base for each team using large cones topped with blank sorting cards.
3. Create teams of 2–4 students, each team at a home base in Friend Formation (single-file line).



Activity Procedures:

1. Today's activity is called Fruit and Veggie Luv Relay. We'll be focusing today's game on taking turns and starting and stopping when the music starts and stops. We have a very fun song to listen to while we move safely with our friends, called "[Veggie Luv](#)."
2. You are all healthy helpers! When the music starts, the first healthy helper in your line will run to pick up 1 card and then return it to home base. As each player returns, they will high-5 the next player so that they can collect the next card. Repeat until all the cards are gone.
3. When the music stops, move safely back to your home base and return to our Friend Formation.
4. Once all the cards are gone, each team will use the blank sorting card to help sort their cards into 6 piles by color.
5. Why is it important to take turns during a relay activity? What good things does eating healthy food do for our bodies?

Universal Design Modifications:

- Create pathways using spot markers to guide students to the Fruit and Veggie cards.
- Print large-scale cards for students who require visual or fine-motor assistance.

DEVELOPMENTAL INDICATORS

- ✓ **Emotional & Behavioral Self-Regulation:** Demonstrates personal safety practices and routines.
- ✓ **Gross Motor Development:** Moves in relation to objects/other children.
- ✓ **Relationships With Other Children:** Takes turns (conversation and interaction).
- ✓ **Nutrition Education:** Discusses how food helps the body grow and be healthy.