

JUGGLE NUTRITION

Teacher Talk

[Juggle Nutrition Week 1 Sample Script]

Brain & Body Warm-Ups

Today is the first lesson in our Juggle Nutrition for Health physical education module. We're going to practice tossing, catching, and juggling while we also learn about MyPlate and the 5 food groups. Let's start to warm up by playing a game called Claps Counter. You can use any safe small object that won't break when you toss and catch it. A bean bag, juggling scarf, or small foam ball will work great.

On the start signal, toss your object into the air and clap as many times as you can. Your claps only count if you catch the object. Freeze when you hear the stop signal.

Looking for challenge? Now, spin in a circle after you toss, perform your claps, and then catch the object. Give yourself 100 bonus claps if you catch the object!

Purposeful Practice

During our Purposeful Practice time we will learn the 5 food groups and practice putting foods into each group. A food group is a category of foods that share something in common. For example, dairy foods give our bodies the calcium it needs. The 5 food groups are Fruits, Vegetables, Grains, Protein Foods, and Dairy.

Our nutrition lessons will be done on our computers or using a printout. After you're done with each activity, we'll discuss your answers. Today we'll have fun with a decoder activity. Use the decoder key to unlock the names of the food groups. During the next lesson, we'll work as a class to see if we can remember all 5 food groups.

Just for Fun (and health)

The final part of each Juggle Nutrition lesson will be our juggling practice. Today we'll start by learning Scarf Juggling Basics. If you don't have a juggling scarf you can use a plastic shopping bag, handkerchiefs, or rolled-up sock ball. Objects like juggling scarves fall slower and can be easier to toss and catch.

Juggling is a very challenging skill to learn, but it is very fun and rewarding. Learning how to juggle is going to take growth mindset and grit. Stick with it! Practice as much as you can each week and your skills will improve!

We're lucky to have great juggling videos from the National Circus Project to help us with our practice. Let's watch the video and follow the demonstration prompts.

