**BUILD A PLATE**

Grades: 3-5

|  |
| --- |
| **Equipment*** 1 jump rope per student
* Exercise Jump Rope Chart
* Music and music player (optional)
 |

|  |
| --- |
| **Set-up*** Post the Exercise Jump Rope Chart
* Students stand with a jump rope in personal space
 |

|  |
| --- |
| **Objective*** To build a healthy and balanced plate by performing 1 exercise or jump rope challenge for each food group.
 |

|  |
| --- |
| **Description*** Today’s activity is called Build a Plate. The object is to build a healthy and balanced plate by performing 1 exercise or jump rope challenge for each food group.
* Choose a food group column, and then select any challenge listed in that column to perform.
* Once you complete a challenge, continue building your plate by selecting a challenge from a different food group column.
* Teachers: Students that finish early can build a different plate with at least 3 new challenges.
 |

|  |
| --- |
| **FUN HEART HEALTH INFO*** If you were to stretch out your entire system of blood vessels it would extend over 60,000 miles!
 |