**BUILD A PLATE**

Grades: 3-5

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

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

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

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| **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. |

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