

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!