



BUILD YOUR PLATE

STUDENT TARGETS

- **Skill:** I will use the skill cues for an underhand toss.
- **Cognitive:** I will discuss the five food groups.
- **Physical Activity:** I will increase my heart rate during the activity.
- **Personal & Social Responsibility:** I will demonstrate respect for others with positive language.

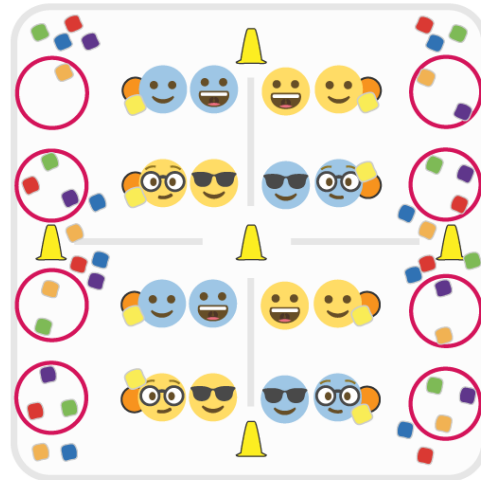
EQUIPMENT & SET-UP

Equipment:

- 1 hoop, 1 spot marker, 6 bean bags (rainbow colors) per team
- Cones to divide space into 4 quadrants

Set-Up:

- Divide the activity area into 4 quadrants.
- Create 8 even teams (2 teams at each quadrant).
- Each team sets up their court with a spot marker and hula hoop 8-10 feet apart. Place a yellow bean bag on the spot, and the remaining 5 next to the hoop.
- Each team will line up behind their spot marker.



ACTIVITY PROCEDURES

1. Today we are going to try and be the first team to build a balanced plate by moving bean bags into the team's hoop.
2. The bean bags represent the food groups, and the goal is to get 5 bean bags into your hoop to represent the 5 food groups.
3. On the start signal, the first player for each team tosses the yellow bean bag into the hoop. If the bean bag lands in the hoop your team can take 2 moves. If the bean bag lands on the edge of the hoop your team can take 1 move.
4. Take a move by placing 1 bean bag into your hoop. Or your team can choose to remove 1 of your opponent's bean bags and place it outside of their hoop. The first team to have 5 bean bags in their hoop wins!
5. On the stop signal freeze and be ready for the next set of directions.

GRADE LEVEL PROGRESSION

Level 1: Play as described above.

Level 2: Select alternative tossables and/or vary the distance and the size of the target.

ACADEMIC LANGUAGE

Body Composition, Food Groups, Nutrition, Positive Language, Respect

PRIORITY OUTCOMES

Nutrition:

Identifies the 5 basic food groups and a variety of foods from each food group.

DISCUSSION QUESTIONS

- What are the five food groups? Give at least 1 example of a food from each group.
- What do you know about each food group?