

Build Your Plate

LEARNING TARGETS:

- **Skill:** I will use the skills cues for an underhand toss.
- **Cognitive:** I will discuss the 5 food groups.
- **Physical Activity:** I will increase my heart rate during activity.
- **SEL:** I will demonstrate respect for others with positive language.

TARGET VOCABULARY:

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

EQUIPMENT NEEDED:

- 1 hoop, 1 spot, 6 beanbags (rainbow colors) per team

ORGANIZE:

- **Space:** Divide activity area into 4 quadrants, 2 teams per quadrant. Create 1 court per team with a spot & hoop 8-10 paces apart. Place yellow bean bag on the spot, the remaining 5 next to the hoop.
- **Students:** Each team lines up behind their spot.

PROCEDURES:

- **The Object:** To be the first team to build a “balanced plate” by moving bean bags into the team’s hoop.
- **The Process:** 5 bean bags represent the 5 food groups. On “Go” the first player on each team tosses the yellow bean bag to the hoop. If the bean bag lands in the center of the hoop, take 2 moves. If the bean bag touches the edge of the hoop, take 1 move. Take a move by placing 1 bean bag into your hoop. Or, remove 1 of your opponent’s bean bags and place it back outside of their hoop.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Select alternative tossables and/or vary the distance and size of the target.
- Provide verbal and visual cues to support instruction and understanding.

DISCUSSION STARTERS:

- 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?

