GO OR WHOA REENTRY TAG

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• Health Skills: I will identify behaviors that promote good health.
• Nutrition Education: I will identify GO foods that can help build healthful meals.
• Social & Emotional Learning: I will regulate my behavior and emotions while following the rules and etiquette of physical education class.

What you need...
• Cones to create boundaries
• GO or WHOA Food Cards
• GO or WHOA Food Chart
• Pool Noodles to Identify Taggers

How to set it up...
• Create a large activity area using cones.
• Post the Food Charts on each cone using tape or task tents.
• Create Energy Stations by placing a pile of Food Cards face down on the sidelines in between cones.

This activity is GO or WHOA Reentry Tag!
• The object of this game is to avoid being tagged. If you are tagged, go to the energy station where you’ll choose a food to give you energy.
• Next, quickly move to the energy chart and find your food.
• If you chose a GO food, quickly place the card back in the pile and reenter the game right away.
• If you chose a WHOA food, you must move around to the waiting room where you’ll have to name 10 healthy behaviors before reentering the game.
• After 3-5 minutes choose new taggers.

Discussion Questions
• What GO foods do you like to eat as a part of a healthy snack or meal?
• Eating GO foods is good for your body. What other behaviors are good for you?
• Why is it important to follow rules and etiquette in physical education class?

Universal Design Suggestions
• Allow students to use different size noodles or objects for tagging people.
• Use different locomotor skills and ways of moving instead of running.
Cut, Shuffle and Stack
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- Glass of soda with a straw
- Bacon strips
- French fries
- Donut
Cut, Shuffle and Stack
Is is GO or WHOA? Check the chart below.

GO FOODS

WHOA FOODS

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