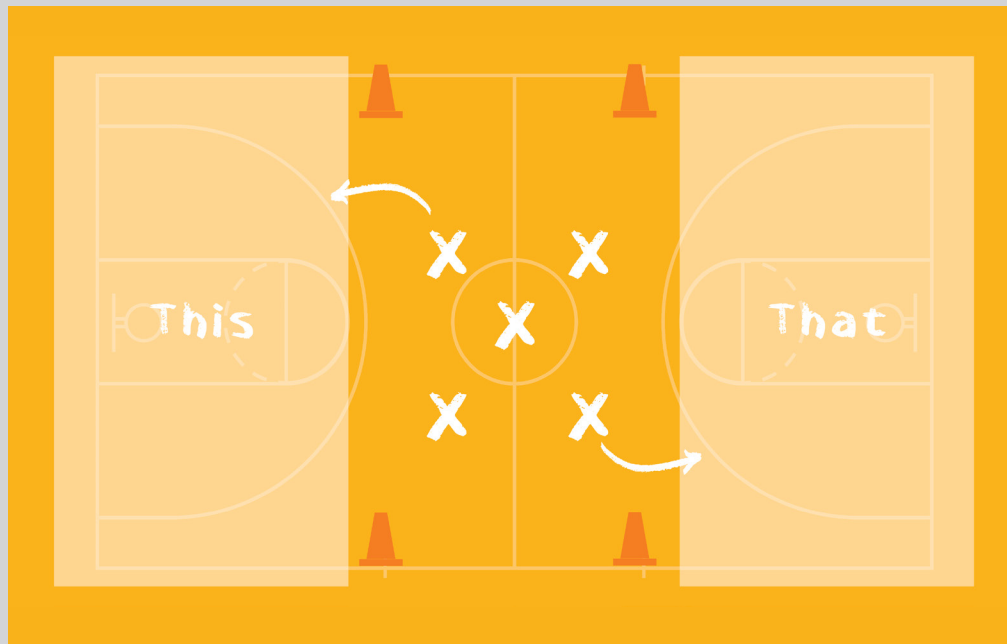


WOULD YOU RATHER



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement

MATERIALS:

- Cones or Place Markers
- *fit* Posters

OVERVIEW:

Use movement to show preferences for healthy recharge, mood, food, and move choices.

1. Start each "Would you rather?" set with a brief explanation of each *fit* part.
2. Pause after each question for learners to consider their choice.
3. Show each *fit* poster as you read questions aloud. Emphasize there are no wrong answers, just personal healthy choices. Learners decide which healthy choice they most relate to and move to the corresponding side of the activity space.

Recharge: Clouds or book? Draw or play with a dog? Puzzle or nap? Bath or shower? Stretch or sing? Story or music?

Mood: Tired – Stretch or walk? Calm – Board game or read? Bored – Draw or go outside? Frustrated – Bike or talk?

Food: Apple or string cheese? Milk or water? Chicken or fish? Orange or grapes? Yogurt or oatmeal?

Move: Fish or ride a scooter? Play catch or run around the block? Walk or dance? Rock climb or walk a dog?

4. Learners should return to the center or starting area after each set of choices.

WOULD YOU RATHER



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that there are many times each day you can make healthy choices for your body and brain.

Have each learner show their choice after each “Would you rather?” question.

- Would you rather climb a mountain or jump on a trampoline? Pretend you are climbing a mountain or jump as if you are on a trampoline.
- Would you rather jog on the beach or sit by a campfire? Jog in place as if running on a beach, or pretend you are jumping over a hot campfire.
- Would you rather fly like a butterfly or sit like an alligator? Wave your arms like a butterfly for the first choice or hold your arms in front of you and move them like an alligator’s mouth for the second choice.

REFLECTION AFTER THE GAME:

Q: What was our lesson about today?

A: Making healthy choices that will help our body and brain

Q: Ask for examples of health-related decisions (i.e., recharge, mood, food, and move choices) learners might make at different times during the day.

A: Eating breakfast, active play at recess, playing instead of screen time after school, bedtime routines, etc.

Q: Ask learners to give examples of people whom they would go to for help with a health-related decision.

A: Trusted adults and professionals who can serve as a health helper. (i.e., family, teachers, PE teacher, counselor, school nurse, food service helpers, etc.).

MODIFICATIONS:

Seated Exercise

- Add exercise options that focus on arm muscle strengthening, such as arm raises, shoulder press, and bicep curls.

Sensory Modifications

- Have multiple playing areas, breaking the large group into smaller groups. Each smaller group participates in the same game at the same time, but smaller groups can be less overwhelming.