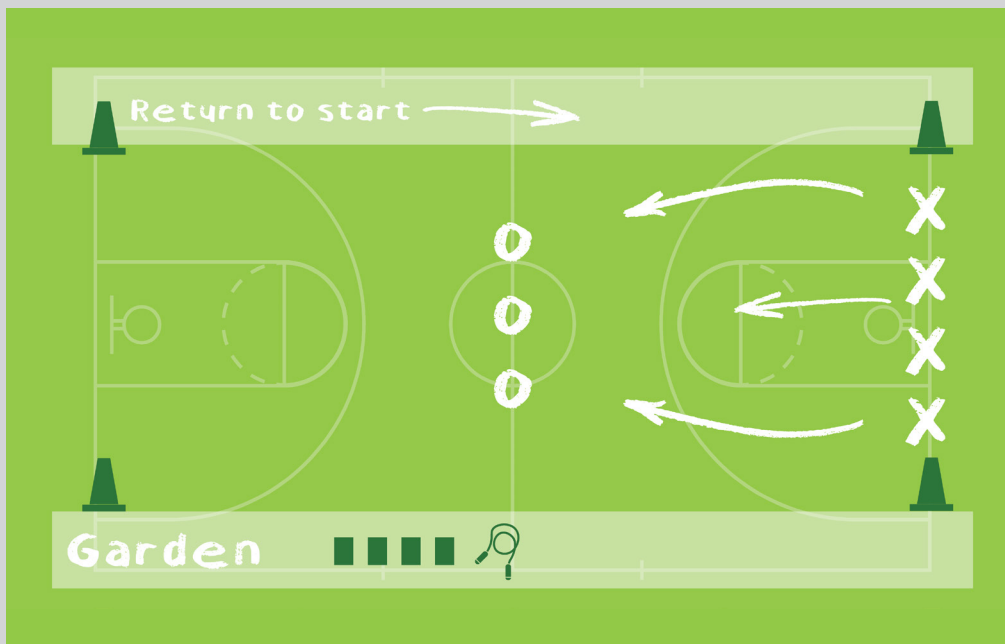


FUEL TAG



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:

- Flag Belts or Bandanas
- Jump Ropes
- Fuel Tag Cards

OVERVIEW:

Play a tag game to spotlight nutritious food and drink choices and promote healthy eating.

1. Select three or more volunteers to be taggers. Taggers represent foods with low nutritional value. Hand out flags and designate each tagger as soda, donuts, chips, and/or candy.
2. Taggers stand in the middle of the play area. The other learners stand at the start line and try to cross to other side without losing their flag.
3. To begin play, announce a locomotor movement for players to use as they attempt to cross from one side of the activity area to the other, without being tagged.
4. If tagged, the learner goes to the garden to make a nutritious food choice, then returns to the starting point with their flag belt.
5. When a learner reaches the other side, they go down the safe sideline path and return to start. They may go as fast or slowly as they like down the path as long as they keep moving forward.
6. After 1 to 3 minutes of play, assign new taggers. Challenge participants to beat their individual scores (successful number of times they pass the taggers) each round.

FUEL TAG



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that nutritious food choices are the best kinds of fuel for your body!

Ask learners to show their choice for each “Would you rather?” questions.

- Would you rather eat a carrot or an apple? Do squats or reach low for picking carrots, or jump or reach high as if picking an apple from a tree branch.
- Would you rather have a lot of energy and move as fast as a cheetah, or little energy and move slow as a snail? Raise your hand quickly for the cheetah or in slow motion for the snail.
- If you were a rocket, would you want your fuel to give you a powerful blastoff or a weak blastoff? Flex and show off your muscles for a powerful blastoff or move loosely like a noodle for a weak blastoff.

REFLECTION AFTER THE GAME:

Q: What do nutritious food choices do for your body?

A: Nutritious food choices give you the best nutrition and energy to go, grow, and know!

Q: Name some nutritious food choices.

A: Fruits, vegetables, whole grains, protein, milk, and water.

Q: How would you explain nutritious food choices to a family member?

A: *fit* food choices give you the best nutrition and energy to go, grow, and know. Choices include fruits, vegetables, whole grain, protein, milk, and water.

MODIFICATIONS:

Seated Exercise

- For students with limited mobility or in a wheelchair, choose an able-bodied learner to push them if both learners are comfortable doing so.

Sensory Modifications

- Allow individuals to choose if they want to be a tagger or not, giving them a sense of comfort.

Find more modifications at

fit.sanfordhealth.org.

