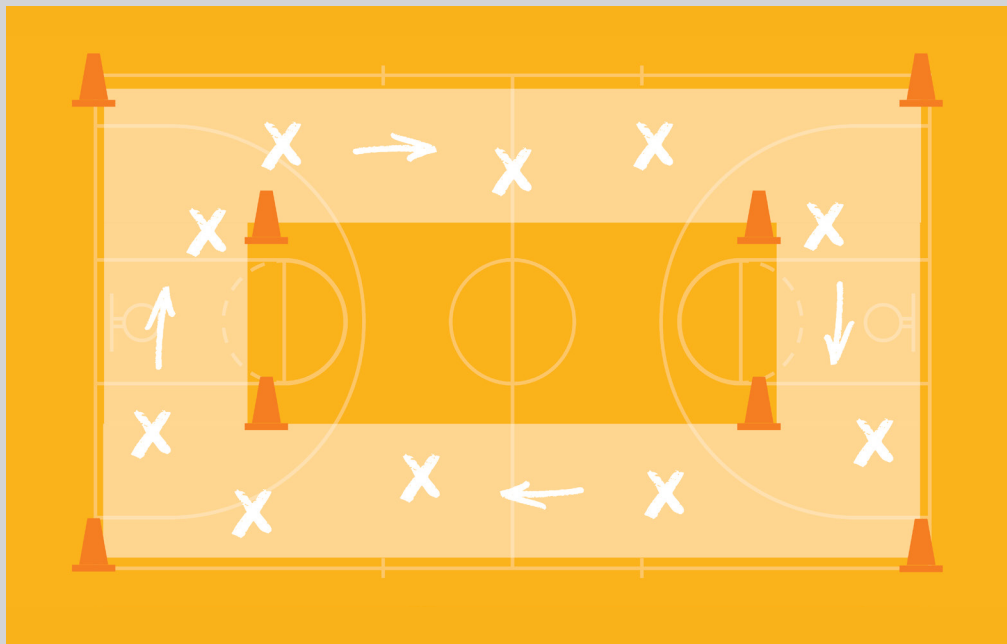


STOP AND THINK



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:

- Music

OVERVIEW:

Use movement to show what influences your healthy choices.

1. Learners move around the activity area using a teacher-selected locomotor movement while music plays, determining their own pace.
2. After 20–30 seconds, pause the music and ask learners to find a partner.
3. Read an influencer statement aloud. Partners identify the influencer together.
4. If the influencer promotes a healthy choice, learners do a star jump and shout, “I’m a healthy kid!” If not, they do a bear crawl.
5. Read the following scenarios (influencers in bold):

Play a game instead of watching TV before bed.

Eat a piece of fruit when hungry.

Play basketball at recess.

Drink a glass of water when thirsty.

Talk to a friend or trusted adult when upset.

Build a fort indoors when it’s raining.

Find a cozy spot to read quietly before bed and wind down.

Choose sugary drinks instead of water.

6. Repeat the activity with a different locomotor movement or let partners create their own scenarios.

STOP AND THINK



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that if you stop and think about influencers – or what motivates you to make choices, you can help yourself make healthy choices.

Ask learners to show their choice after reading a “Would you rather?” question.

- If the weather is warm, would you rather jump into a swimming pool or march in a parade? Make swimming motions for the pool or high knees for marching (seated exercise – move your arms like your marching).
- If you are feeling silly, would you rather make up a dance or move backwards? Dance in a circle (seated exercise – dance in place) or move backwards (seated exercise – arm circles to the side, gradually increasing the size of the circles).
- If you are camping with your family, would you rather sit by the fire and tell stories or go on a nature walk? Smile and laugh out loud for storytelling or move slowly and look around for the nature walk.

REFLECTION AFTER THE GAME:

Q: What influences you?

A: Can learners name people, things, and feelings?

Q: How do they influence you?

A: Listen for examples of how influencers help or hinder healthy choices.

Q: How would you explain influencers to a friend?

A: Influencers are a person, place, thing, or mood that help you make healthy choices. Influencers can also make it difficult to make a healthy choice.

MODIFICATIONS:

Seated Exercise

- To indicate a helpful influencer, use the action of raising your arms in the air, similar to star jumps.

Sensory Modifications

- Adjust if learners are more comfortable identifying the type of influencer as an individual and not as a group.

Find more modifications at

fit.sanfordhealth.org.

