

SHAKE UP YOUR WAKE UP



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Beanbags
- Red & Green Paper
- Food Chart

OVERVIEW:

Toss beanbags to hit targets showing nutritious food choices to eat for breakfast.

1. The goal of this activity is to build awareness of nutritious food choices for breakfast. Use the Food Chart to call out foods from each food group and category while playing the game.
2. Form teams of 3-4 learners and make evenly spaced lines across the play area.
3. The teacher begins each round by selecting a food choice from the Food Chart and announcing it to the group. Teams decide if it is a green-light or red-light food.
4. Team members then toss the beanbag down their line. The last learner aims for the color target corresponding to the food choice.
5. If the beanbag is dropped or misses the target, it must start from the beginning of the line, and the team must relay it to the last person again.
6. Once a team successfully hits the target, the last learner moves to the front of the line, and the rest of the team shifts forward, giving someone else the chance to aim for the correct target.
7. Repeat as the teacher names more food items.

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Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is eating nutritious foods for breakfast gives your body and brain the fuel they need to go, grow, and know all day long!

Ask learners to show their choice for each “Would you rather?” question. There is no right or wrong answer, both choices lead to healthy choices.

- After you wake up in the morning, would you rather drink more milk or eat more bananas for breakfast?
- After you wake up in the morning, would you rather drink some orange juice or eat some strawberry yogurt for breakfast?
- After you wake up in the morning, would you rather eat less cupcakes or less candy for breakfast?

REFLECTION AFTER THE GAME:

Q: Can you name some health helpers who can help you with breakfast choices?

A: Teachers, food-service workers, school staff, parents, or trusted adults.

Q: What are some of your favorite breakfast foods? What are some new foods you can try for breakfast?

A: Listen for examples of fruits, vegetables, whole grains, proteins, dairy, or water.

Q: How would you describe “Eat More” green-light foods to a friend?

A: “Eat More” foods are the best choice to power your body. They include fruits, vegetables, whole grains, proteins, dairy, or water.

Q: Name a food you will choose at breakfast to shake up your wake up!

A: Assess learners’ examples of nutritional options for breakfast.

MODIFICATIONS:

Older Learners

- Include yellow-light, “Eat Sometimes” foods. Each team will need a green, yellow, and red spot for their final toss.

Sensory Modifications

- Allow learners to walk or wheel the beanbag if tossing is difficult.
- Allow learners who may have difficulty participating in the relay to help with selecting and announcing food items.

Find more modifications at fit.sanfordhealth.org.