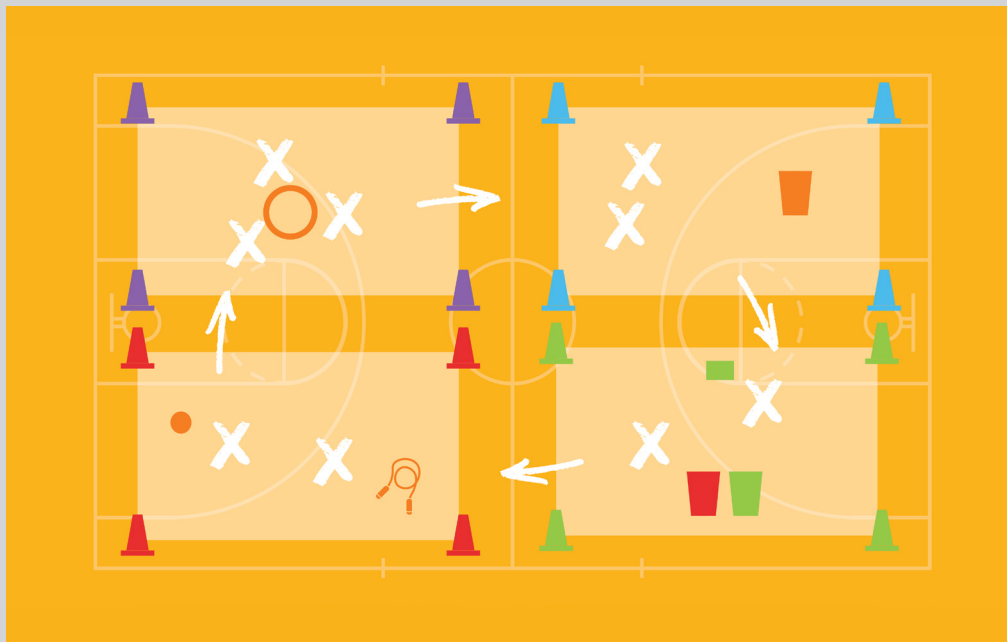


POWER UP!



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Beanbags
- Hula Hoops
- Buckets
- Food Cards
- *fit* Posters
- Hydration Posters

OVERVIEW:

Rotate through station activities to practice making choices that are mentally and emotionally healthy.

1. Separate learners into 4 groups for station activities. Rotate after 3 to 4 minutes at each station.
2. Present an overview of stations.

Recharge: Reinforce that children need 9 to 12 hours of sleep by challenging learners to toss between 9 and 12 beanbags into a bucket.

Mood: A motivated mood is great for problem-solving. Teams of 3 to 4 stand in a circle and raise their arms, index fingers extended. Place a hula hoop so it rests on the tip of their fingers. Keeping their fingers straight, the team works together to lower the hoop to the ground without dropping it.

Food: Partners select a food card then move (teacher-selected locomotor move) across the play area and place it into an “Eat More” (green) bucket or an “Eat Less” (red) bucket.

Move: Learner’s choice! Move around the perimeter of the play area. Walk, jog, run, skip, hop, gallop, or leap. Move forward or backward!

3. Rotate station after 2-3 minutes.

fitGames

POWER UP!

DIFFICULTY: ● ● ●



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that healthy choices give your body and brain power!

Ask learners to pretend to be astronauts getting ready for a space mission! Before blastoff, we need to prepare to stay healthy in space.

- Our feelings can affect our mood and the choices we make. Sometimes we're motivated to be healthy, and other times we're not, but that's okay! Positive self-talk can help us when we're feeling down. **DO A STAR JUMP OR WAVE YOUR HANDS IN THE AIR AND CHANT 'I CAN DO THIS!'**
- Now, let's gather food for our journey. **MOVE IN PLACE** to dig for nutritious foods like sweet potatoes and carrots. **MOVE YOUR ARMS AS IF DIGGING.**
- To keep your body and brain healthy, let's hydrate—**BEND OVER AS IF DRINKING FROM A WATER FOUNTAIN.**
- Finally, let's practice a relaxing breathing exercise: **INHALE THROUGH YOUR NOSE AS IF SMELLING FLOWERS, THEN EXHALE THROUGH YOUR MOUTH AS IF BLOWING UP A BALLOON.**

REFLECTION AFTER THE GAME:

Q: Can you name some health helpers that can help you with healthy choices?

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

Q: Healthy choices strengthen our bodies, but how do they also strengthen our brains?

A: Recharge helps your brain store information. A motivated mood helps problem-solving. Nutritious food choices fuel your brain. And, you move to light up brain pathways.

MODIFICATIONS:

Older Learners

- Use more challenging food choices for the food station to foster team collaboration on where certain foods should go.

Sensory Modifications

- Allow more time for transitions and compliment successful attempts with positive feedback.

Find more modifications at

fit.sanfordhealth.org.

