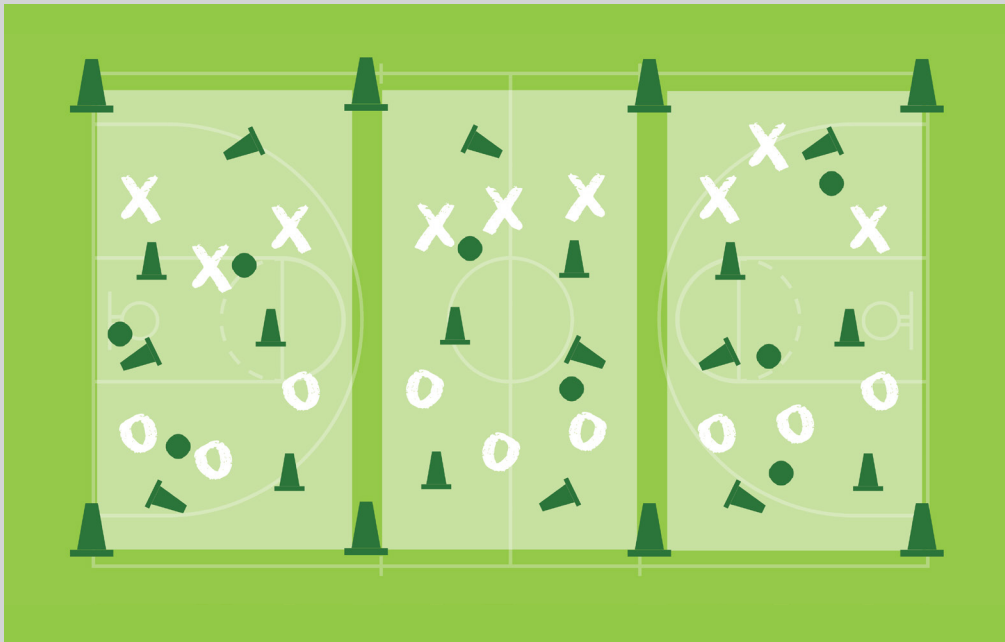


# WELLNESS WORLD



## 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
- Bowling Pins/2-Liter Bottles
- Balls
- Food Cards

## OVERVIEW:

Teams work together to knock over cones that represent food choices with added sugar.

1. Divide learners into teams, pair the teams, and assign each pair a playing area.
2. Place three to five pins around each playing area and balls in the center.
3. On "Go," learners from rush to retrieve the balls and aim to knock down the opposing team's pins using the balls.
4. A pin must remain down if it is knocked over by a thrown ball or if a learner accidentally knocks it over.
5. Learners may guard their team's pins, but they must stay at least 5 feet away from the pin they are guarding.
6. The game continues until one team successfully knocks down all the opposing team's pins.
7. Reset the pins and repeat for the next round.

# WELLNESS WORLD



Scan here for the full PE lesson plan!

## BEFORE THE GAME:

The number one thing you need to know is that there are a lot of delicious and nutritious choices you can make for your meals and snacks.

Ask learners to show what they know about making healthy choices!

- If you're thirsty, which is the more nutritious choice: water or juice? Raise your arms high for water, or cross your arms over your chest for juice.
- You just got home from school, and you're hungry for a snack. Is the more nutritious choice a cupcake or a banana? Do arm circles for the cupcake or move your arms as if running for the banana.
- It's time for breakfast and you have a choice between oatmeal with fruit or a doughnut. Flex your muscles for oatmeal with fruit or move loose like a noodle for the doughnut.

## REFLECTION AFTER THE GAME:

Q: How does the food you eat affect your body and brain?

A: Green-light food choices give your body nutritious fuel to go, grow, and know.

Q: What are some of your favorite green-light foods?

A: Name specific fruits, vegetables, proteins, whole grains, milk, or water.

Q: How would you explain the difference between green-light and red-light foods to a friend?

A: Green-light foods give you the best nutrition to go, grow, and know. Red-light foods can have added sugar and less nutrition than green-light foods.

Q: Which green-light foods will you choose at breakfast, lunch, snack, or your evening meal?

A: Name specific fruits, vegetables, proteins, whole grains, milk, or water.

## MODIFICATIONS:

### Seated Exercise

- Allow learners with limited mobility to guard their pins from a closer distance if needed.

### Older Learners

- Encourage team discussions on strategies before each round, allowing them to plan how to defend and knock down pins effectively.

Find more modifications at [fit.sanfordhealth.org](https://fit.sanfordhealth.org).