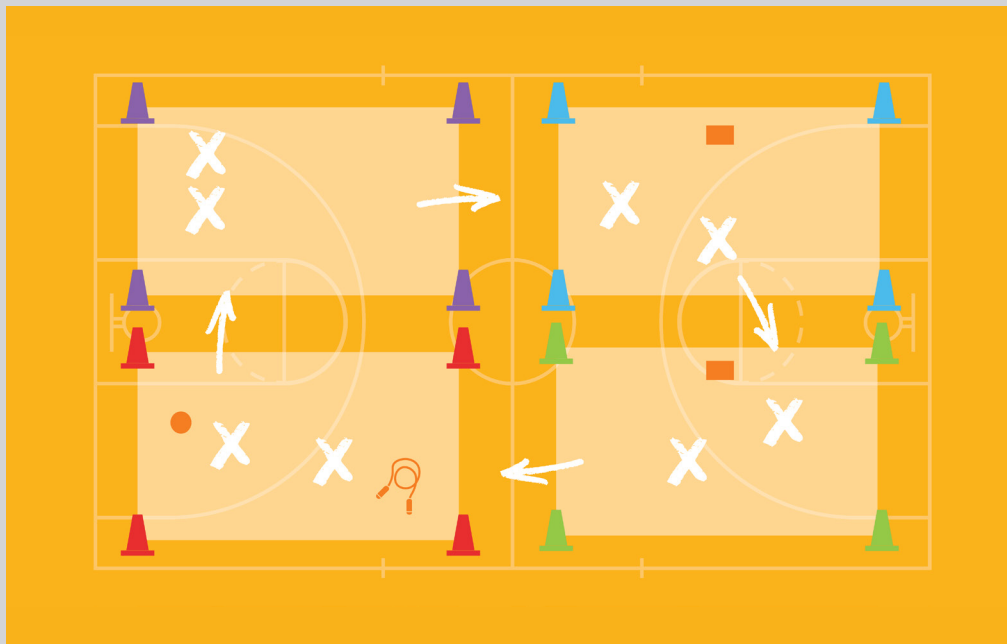


THINK HEALTHY. BE HEALTHY!



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:

- Jump Ropes
- Foam Balls
- Cones or Place Markers
- Food Cards
- MyPlate Meal Printable
- fitFlow Cards

OVERVIEW:

Learners practice making healthy recharge, mood, food, and move choices at different activity stations.

1. Divide learners into four groups and assign them to stations:
 - Recharge:** Partners draw a *fitFlow* yoga card and work together to do a yoga flow as a quiet activity to recharge energy. Learners stay in each position for five deep, slow breaths.
 - Mood:** Learners work with a partner to move (teacher-selected locomotor movement) across the mood activity area while standing side to side with shoulders touching. If they reach the other side, they return, using a different locomotor movement.
 - Food:** Partners choose food cards to make a MyPlate meal. They move (teacher-selected locomotor movement) to one side of the food area to select a card then return to the MyPlate diagram and place the card next to the matching food group.
 - Move:** Choose a 'move' activity: jump rope or play a throw-and-catch game.
2. Learners in each group will work with a partner for each activity. Rotate after one to three minutes. New partners may be selected after each activity station rotation.

THINK HEALTHY. BE HEALTHY!



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that thinking about recharge, mood, food, and move will help you make healthy choices. So, let's think healthy and be healthy!

Ask learners to review the four parts of making healthy choices for our body and brain! Explain that you will make a statement, and then learners are to move (identify locomotor movement) to the area that fills in the blank.

- Following a bedtime routine helps you to get enough sleep to _____ your energy. (recharge)
- Take time to stop and think about your feelings and emotions that set your _____. Recognize that all feelings are ok, but some may motivate us more to make a healthy choice. (mood)
- _____ is fuel for your body to go, grow, and know. (food)
- _____ many times and many ways each day to strengthen your body and brain. (move)

REFLECTION AFTER THE GAME:

Q: What are the four kinds of healthy choices you can make for your body and brain?

A: Recharge, mood, food, and move

Q: How would you explain healthy choices to a friend?

A: Healthy choices mean recharging with enough sleep, eating nutritious food, picking fun ways to stay moving, and managing your mood no matter what your emotions are.

Q: Describe a healthy choice you can make in the morning, at lunch, after school, and before bed.

A: Accept any healthy choice related to recharge, mood, food, or move.

MODIFICATIONS:

Younger Learners

- For the “Motivate Your Mood” station use games like “Follow the Leader” to make it fun and simple. Use music to help learners keep a rhythm if needed.

Sensory Modifications

- Allow learners to participate in the activity without having to touch another person if they prefer.

Find more modifications at

fit.sanfordhealth.org.

