



FRUITS AND VEGETABLES RELAY

Physical Activity for 5

MATERIALS:

- Laminated pictures of fruits and vegetables listed below
- Can substitute model fruit and vegetables for the list below
- Shopping bag

RECAP OF 5210:

Growing up big and strong starts with eating the right kinds of food. That means getting 5 servings of fruits and vegetables a day. You do not have to eat 5 servings of fruits and vegetables at one time, but try to eat some with every meal and snack that you have.

DESCRIPTION:

The objective of this activity is to increase the knowledge about fruits and vegetables by including physical activity to parallel the goal of 5210. In this activity, pictures of fruits and vegetables will be printed, laminated, and placed in the middle of the floor. Participants will divide into two teams, and stand opposite each other. The activity leader will call out a fruit or vegetable from the list provided below, and the person at the front of each line will run and grab that picture and bring it back to their team. The first team to reach 7 fruits or vegetables will win.

FRUITS

1. Apple
2. Banana
3. Strawberry
4. Watermelon
5. Grapes
6. Pineapple
7. Orange
8. Cherries
9. Lemon
10. Blueberries

VEGETABLES

1. Broccoli
2. Potato
3. Carrot
4. Onion
5. Corn
6. Peas
7. Bell pepper
8. Asparagus
9. Green beans
10. Eggplant



GROCERY SHOPPING

Physical Activity for 5

MATERIALS:

- 2 reusable grocery shopping bags (paper works best)
- Index Cards (at least one per participant)

RECAP OF 5210:

Growing up big and strong starts with eating the right kinds of food. That means getting 5 servings of fruits and vegetables a day. You do not have to eat 5 servings of fruits and vegetables at one time, but try to eat some with every meal and snack that you have.

PREPARATION:

On one side of each index card, write down a food item, and on the other side write down an activity. For example: Tomato/ 15 jumping jacks, Apple/10 squats, Water/ 7 pushups, etc. Make sure there is one card per student. Mark the starting line and place the grocery bags as far away from the line as possible. Place the cards in the grocery bags, splitting them evenly. Have the participants divide into two teams behind the start line.

LEADER CUES:

"We are going to play a game called Grocery Shopping! When I say 'Go!', the first person in each line runs as fast as they can to the grocery bag. You reach into the bag and pull out an index card. On that card, you will find one side that has a food item, and the other lists an activity. You will do the activity, then shout out a way to eat the fruit or vegetable. For example, 'cut up an apple and eat it with peanut butter!' Then you run back to your team and tag the next person. The first team to bring back all their cards wins!"



HIGHER OR LOWER

Physical Activity for 2

MATERIALS:

- Whiteboard
- Whiteboard marker

RECAP OF 5210:

Screen time means any time you spend watching TV, or playing video games on your tablets, cell phones or computers. We know that excessive screen time can impair brain structure and function. Through our mid-twenties, our brains are developing and growing stronger. Screen time over-stimulates the left side of the brain, and the right side does not get to develop as much. Therefore, we want to spend less than 2 hours with a screen every day.

INSTRUCTIONS:

Choose one child to be the guesser and have them turn away from the group so as not to see the number they must guess. Have children take turns writing down a number from 1 to 100 or 1 to 500 on the board or a piece of paper to show the rest of the group, making sure the guesser does not see. (Be sure to erase it from the board or turn over the piece of paper before the guesser turns around).

LEADER CUES:

"This activity is called Higher or Lower. Each one of you will have the chance to choose a number between 1 and 100 (or 1 and 500) and write it down. You will then show it to the rest of the group, but make sure the guesser can't see it! Once everyone else has seen the number, the guesser will turn around to face the group and start guessing numbers between 1 and 100 (or 1 and 500). If the number is higher, you will jump as high as you can! If the number is lower, you will bend down and touch your toes. You will continue to give the guesser clues (higher/lower) until they guess correctly."



SCREEN TIME DEBATE

Physical Activity for 2

MATERIALS:

- 2 signs that say "Yes" or "No"
- Tape

RECAP OF 5210:

Screen time means any time you spend watching TV, or playing video games on your tablets, cell phones or computers. We know that excessive screen time can impair brain structure and function. Through our mid-twenties, our brains are developing and growing stronger. Screen time over-stimulates the left side of the brain, and the right side does not get to develop as much. Therefore, we want to spend less than 2 hours with a screen every day.

INSTRUCTIONS:

Place the two signs at opposite ends of the room. Read off the activities and have the participants decide if that activity involves screen time or not. If the student agrees, they go to the "yes" side, if they disagree, they go to the "no" side. Randomly pick participants from each side to explain why they chose their answer. Have the participants give alternatives for screen time.

ACTIVITY LIST:

- Playing with the dog
- Playing video games
- Going on a run
- Watching TV
- Dancing
- Drawing a picture
- Biking
- Playing a board game
- Playing games on your phone
- Snapchat
- Playing in a sandbox
- Playing on a computer
- Playing soccer



ACTION ACE SAYS...

Physical Activity for 1



MATERIALS:

- None

RECAP OF 5210:

There are many ways to be physically active! Playing sports, taking the stairs and walking around the block are all great ways to start adding more activity to your day. Physical activity does not have to necessarily be a sport or exercise, but simply doing something that allows you to move. We want to aim for one hour of physical activity a day!

INSTRUCTIONS:

Have children take turns being the leader and play just like you would play "Simon Says."

LEADER CUES:

"This activity is called Action Ace Says. We will take turns being the leader, and the leader will demonstrate different movements either starting with Action Ace Says...or not. Players will only follow along with the demonstrated movement if the leader says, "Action Ace Says." If players perform the movements without hearing "Action Ace Says," they will do 10 jumping jacks before rejoining the game."

EXAMPLES:

- Action Ace says..... jump up and down
- Action Ace says..... touch your toes
- Touch the floor
- Action Ace says..... do jumping jacks
- Run in place
- Action Ace says..... run in place
- Action Ace says..... reach up to the sky



PLAY CARDS...

Physical Activity for 1

MATERIALS:

- Deck of cards

RECAP OF 5210:

There are many ways to be physically active! Playing sports, taking the stairs and walking around the block are all great ways to start adding more activity to your day. Physical activity does not have to necessarily be a sport or exercise, but simply doing something that allows you to move. We want to aim for one hour of physical activity a day!

Instructions

INSTRUCTIONS:

Using a standard card deck, assign an activity to each of the four suits (e.g. jumping in place for hearts, running in place for spades, sit-ups for clubs, squats for diamonds). Pass out a card to each student. Tell them to perform the activity associated with their suit for 20 seconds. Instruct students to pass their cards to their neighbor and repeat for 5 passes.

- Hearts: Jumping jacks
- Spades: Toe touch
- Diamonds: push ups
- Clubs: air squats



BODY BINGO

Physical Activity for 0

MATERIALS:

- None

RECAP OF 5210:

We know that water is the best thirst quencher and replenishes nutrients lost during exercise better than any other beverage! It is important to replace the water you lose from sweating during physical activity, so put down that soda or sports drink and pick up a glass of water or low-fat milk! We want to aim for zero sugary drinks a day!

INSTRUCTIONS:

Tell the students that you are going to call out various statements. They should move (e.g. jog in place or around the room, jump-rope, skip, hop, etc.) whenever one of the statements applies to them and freeze whenever something does not.

Example statements:

- I have two brothers.
- I speak more than one language.
- I go to school. I have been to another country.
- I did my homework.
- I love summer.
- I can spell cat.
- My name has an 'H' in it.
- I eat vegetables.
- My favorite color is blue.
- I eat food.
- I have a dog.
- I have played basketball.
- I love to dance.
- I love winter.
- I like to sing.
- I am the youngest in my family.
- I like drinking water.



THE WIGGLES

Physical Activity for 0

RECAP OF 5210:

We know that water is the best thirst quencher and replenishes nutrients lost during exercise better than any other beverage! It is important to replace the water you lose from sweating during physical activity, so put down that soda or sports drink and pick up a glass of water or low-fat milk! We want to aim for zero sugary drinks a day!

INSTRUCTIONS:

Instruct students to stand. Be sure they have enough room to do the following activities. Do each body part for 10 seconds:

- Wiggle fingers.
- Then fingers and wrists.
- Then fingers, wrists, and forearms.
- Then fingers, wrists, forearms, and elbows.
- Then fingers, wrists, forearms, elbows, and shoulders.
- Then fingers, wrists, forearms, elbows, shoulders, and rib cage.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, and hips.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, hips, and knees.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees, and head.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, hips, and knees.
- Then fingers, wrists, forearms, elbows, shoulders, rib cage, and hips.
- Then fingers, wrists, forearms, elbows, shoulders, and rib cage.
- Then fingers, wrists, forearms, elbows, and shoulders.
- Then fingers, wrists, forearms, and elbows.
- Then fingers, wrists, and forearms.
- Then fingers, wrists, and forearms.
- Then fingers and wrists.
- Wiggle fingers.

LEADER CUES:

Today we will be playing The Wiggles. When I say go, you will begin jogging in place at your desks. I will tell you to begin wiggling your fingers. Then, I will start adding on body parts for you to move, one at a time, until your whole body is one giant wiggle!



LIGHT, MODERATE, AND VIGOROUS ACTIVITIES

INSTRUCTIONS:

Light

- Have a teammate walk normally
- Have a teammate stretch
- Have a teammate fish
- Have a teammate golf

Moderate

- Have a teammate dance
- Have a teammate strike a yoga pose
- Have a teammate swim
- Have a teammate hike

Vigorous

- Have a teammate run back and forth
- Have a teammate do jumping jacks
- Have a teammate jump rope
- Have a teammate play basketball



ENERGIZER BREAK

Physical Activity for 0

INSTRUCTIONS:

These activities can be done for 15-30 seconds at a time.

- Jog in place as if a big scary bear is chasing you
- Walk forward as if you're walking through tough, thick mud
- Jump in place as if you are popcorn popping
- Reach up as if grabbing balloons out of the air
- March in place and play the drums as if you are in a marching band
- Swim as if you are in a giant pool of Jell-O
- Shake your body as if you are a wet dog
- Move your feet on the floor as if you are ice skating (Use this to move them back to their seats (if they were sitting down))