

PE Activity: Fruit and Veggie Spud

Supplies Needed:

- Dodge ball

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 1st

Lesson:

Your parents always tell you to eat your fruits and veggies; but do you know why they are so important? (*Fruits and vegetables contain essential vitamins and minerals that your body needs to grow strong and stay healthy.*)

Who can tell me how many servings of vegetables we should eat a day?
(*Half of our plates should be filled with fruits and vegetables.*)

At a minimum, we need to eat at least three servings of vegetables and two servings of fruit each day! Think of giving yourself a high five if you eat five a day.

Today, we are going to play Fruit and Veggie Spud.

Set -Up:

- Have students form a circle and each one should name the fruit or vegetable they want to be. Only one person can be assigned to each food.
- Since some students may have a hard time thinking of a fruit or vegetable, create index cards with the name or picture of a fruit or vegetable and have them available for distribution just in case.
- Define boundaries.
- While still in the circle have the students name their fruit or vegetable one more time so everyone can remember them.

Rules:

- Have students gather in a circle around the teacher.
- Teacher will throw the ball straight up in the air and call out one of the fruits or veggies.
- When a student's food is called that student should run and catch the ball. Everyone else runs away but student with ball must stay within boundaries.
- Once that person catches the ball they yell "SPUD" and everyone must stop moving.
- The catcher can take up to four steps and throws the ball at one of the other players to try and tag them with the ball.
- The target must keep their feet planted but can twist, duck, or try to catch the ball. If the ball makes contact but isn't caught, the target receives an "S".
- If the ball misses or is caught, the thrower receives an "S".
- Everyone then gathers around whoever received the "S". That unlucky player throws the ball in the air and calls out the next fruit or veggie for the next round.
- As soon as a player receives "S", "P", "U", and "D" they are eliminated.
- The last player not eliminated or the player with the fewest letters is the winner.

Variation:

Used dice and assigned the number to vegetable. Each child gets a number. When their number comes up they grab it and shout the vegetable assigned to that number. Still use the letters for SPUD.