

## **PE Activity: Farmer and the Crow**

### **Supplies Needed:**

- Cones (20)
- Bean bags (20)

### **Length of Time to Complete:**

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

### **Audience (grades): 1st**

### **Lesson:**

Where does our food come from?

While we purchase food from the grocery store, where do you think the grocery store gets its food? (*From farmers*)

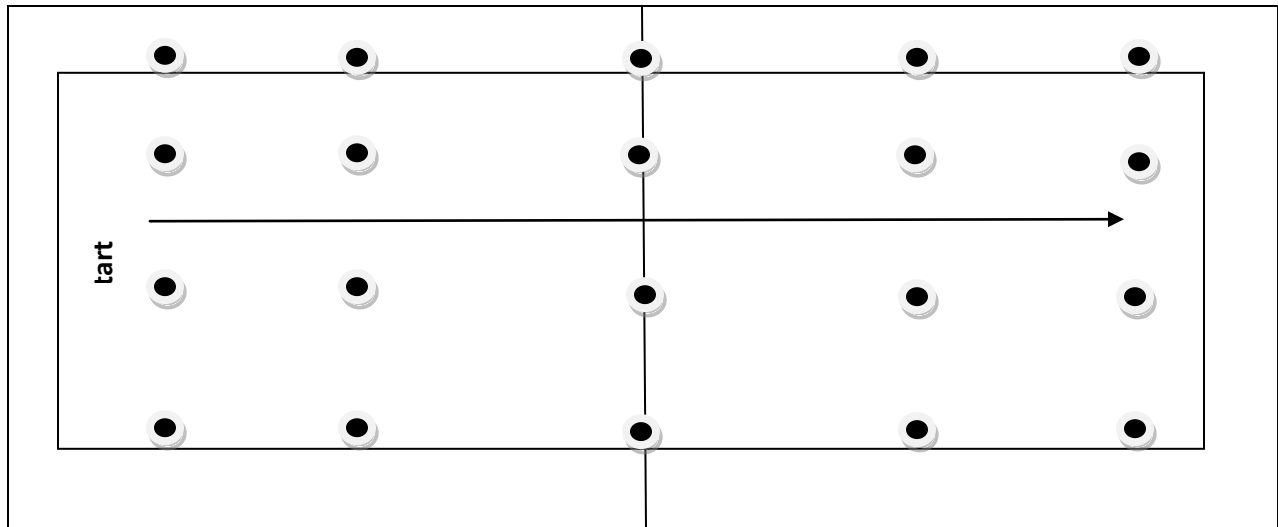
Farmers have a very important job. They plant the seeds that will grow into many of the foods that we eat such as wheat, corn, soy, fruits and vegetables.

Farming is hard work! Before farmers can grow any crops, they have to get the soil ready. Then, they plant seeds and water the soil. Not all seeds will turn into food. Animals, bad weather such as high winds, dry seasons, or freezing and other pests can eat or destroy the seeds before they can turn into food.

Today we are going to play a fun game that shows just how hard farming can be!

### Set up:

- Divide class into four equal teams.
- On each team, alternate students with an assignment of being either a farmer or a crow.
- Set up cones as shown in the diagram.



Rules:

- A farmer's job is to plant seeds. They will plant seeds by balancing a bean bag on their team's cones.
- Farmers plant all their seeds. Once they plant all five seeds, they will run back to the start line.
- The next person in line, the crow, will run all the way across the gym, touch the end line, and then hop back.
- While the crow hops back, he/she will pick up all five seeds /bean bags and return them to the next farmer.
- Continue until everyone has had a turn.
- Once your team is done, sit down.
- After the first round, switch, so the farmers are the crows and the crows are now the farmers.

Tips:

- You can vary the movement, skip, single leg hop etc.
- When assigning teams, first have students count off in fours, then have them sit with their team. Once they are with their team, assign students as either a farmer or crow.