

P.E. Activity: Simon Says Go or Slow

Supplies Needed:

- None

Length of Time to Complete:

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

Audience (grades): 1st

Lesson:

This year we've learned all about foods that give us energy. What do we call foods that give our bodies' long lasting energy?

(Go foods)

Go foods give our bodies the fuel they need to grow strong, think clearly, and play our favorite sports/games.

Raise your hand if you can think of a Go food.

We've also learned about Slow foods. Slow foods do not contain a lot of nutrients, and if you eat them all the time, they will slow your body down.

Raise your hand if you can think of a slow food.

What are some other things we can do to keep our bodies strong and healthy?
(Exercise, drink water, get enough rest/sleep)

Today we are going to play a version of Simon Says. It is going to be very important that you listen and watch carefully.

I'm going to say, "Simon ate" and then list a food. If the food is a go food, you are going to run in place. If it is a slow food, you are going to freeze.

I may also say "Simon" did something. If it is an activity that will help your body be strong and healthy run in place. If it is an activity that will not help keep your body healthy, then freeze.

For example **(start to run in place)**, say, "Simon ate carrots" **(everyone runs in place)**. Then say, "Simon ate yogurt" **(continue to run)** then say, "Simon ate

cookies” (**everyone should freeze**). “Simon went swimming” (**everyone runs in place**). Then say, “Simon drank water” (**continue to run**) then say, “Simon played video games” (**everyone should freeze**).

After students get the hang of it, start to vary the movements (such as hopping, marching etc.

Students can either sit down once they are “out” or they can perform an activity (such as jumping jacks or mountain climbers) and then rejoin the game.

Some foods can be Go or Slow depending on how they are prepared (for example pizza or burgers can be ‘go’ foods). To keep things simple, stick to foods that are clearly Go or Slow.

Go:

Raw fruits and vegetables, yogurt, nuts, seeds, turkey, chicken, fish, eggs, milk, cheese, whole grain bread, oatmeal etc.

Biking, soccer, football, dancing, swimming, sleeping, water, playing outside, tag, etc.

Slow:

French fries, chips, cookies, brownies, ice cream, soda, candy, cake, punch, doughnuts, pastries, etc.

Watching television, playing video games, playing on the computer, texting, etc. Focus on screen activities; don’t include things like reading or playing board games as they have academic and social benefits that we don’t want to discourage.