



April PE Activity: Farmer and the Crow

Nutrition Lesson(s) Supported:

- Where Does Food Come From?

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

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 1.1
 - Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.
 - Follow agreed-upon rules for discussion.

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!

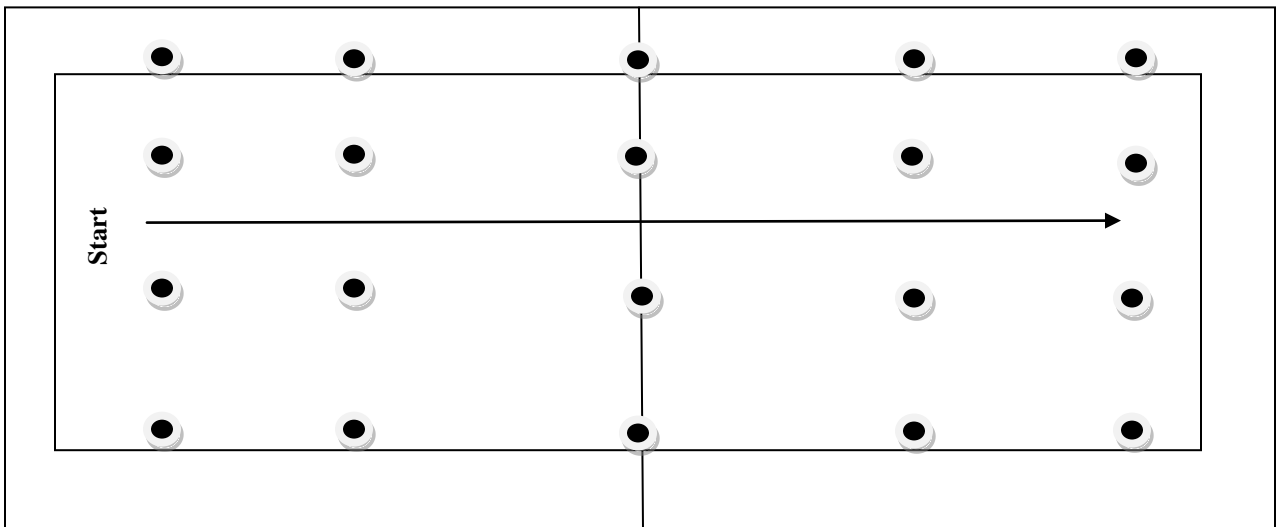
I will divide you into four equal teams. Each team is going to have farmers and crows. If you are a farmer, your job is to plant seeds. You will plant seeds by balancing a bean bag on your team's cones. Once you plant all 5 seeds, you will run back to the start line, and the next person (the crow) will 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 5 seeds (bean bags) and return them to the next farmer. You will 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.

Set up:



 Cone