



March PE Activity: Indy 500

Nutrition Lesson(s) Supported:

- Growing a Strong Body

Supplies Needed:

- Cones

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:

The Indy 500 is a very famous car race that occurs every May. Race car drivers drive 500 laps around one track! In order for their cars to run quickly, race car drivers fuel their cars with top grade gasoline and oil. This keeps their cars running at their best. Like cars, it is important that we fuel our bodies with the best sources of energy- 'go' foods! Examples of 'go' foods include: fruits, vegetables, meat, milk, nuts, seeds and whole grains.

Today, we are going have a racing relay (set up a circular track using cones)! I'm going to divide you into 5 (or 6) teams. When I say, "Go," one member on your team will run one lap around the track. Once you get back to your team, you will high five the next team member, and that person will run a lap. You will continue until everyone has had a turn. Once your team is done, everyone sits down. (Have the students perform one practice relay).

Now that we're warmed up, we're going to vary the relay movement. Every relay will be different, so listen carefully.

Before the relay starts, I will call out a food. If the food is a go food, the next relay movement will be fast. If the food is a slow food, the movement relay movement will take a bit longer. Are you ready?

Relay #2: Food: Chips. Are chips a go food or slow food?

Slow food! Chips do not have a lot of nutrients. If we eat a lot of them (or eat them frequently) they will slow us down. For the next relay, we are going to do a bear crawl.

Relay #3 Food: Carrots. Are carrots a go food or slow food?

Go food! Carrots are full of vitamins and minerals that keep us healthy. For the next relay we are going to skip.

Relay #4 Food: Cookies. Are cookies a go food or slow food?

Slow food! Cookies have a lot of added sugar, which can slow us down. For the next relay we are going to do the crab walk.

Relay #5 Food: Raisins! Are raisins a go food or slow food?

They are a go food! Raisins are a great snack. So for the next relay we are going to run!

Modifications:

- To encourage more activity, have students walk or jog in place while they wait for their turn.