



May PE Activity: **Simon Says Slow or Go**

Nutrition Lesson(s) Supported:

- From Slow to Go

Supplies Needed: none

Length of Time to Complete:

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

Audience (grades): 1st

Common Core Standards:

- 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:

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.

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.

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).

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.

Tip:

- 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.

Slow:

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