



December PE Activity: Fruit and Veggie Spud

Nutrition Lesson(s) Supported:

- *Fruits and Veggies*

Supplies Needed:

- *Dodge ball*

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.*
- *English Language Arts: Speaking and Listening: 1.2*
 - *Ask and answer questions about key details in a text read aloud or information presented orally or through other media.*

Lesson:

Your parents always tell you to eat your fruits and veggies; but do you know why they are so important? Fruits and vegetables contain essential vitamins and minerals that your body needs to grow strong and stay healthy!

Who can tell me how many servings of vegetables we should eat a day?

Half of our plates should be filled with fruits and vegetables.

At a minimum, we need to eat at least 3 servings of vegetables and 2 servings of fruit each day! Think of giving yourself a high five if you eat five a day.

Today, we are going to play Fruit and Veggie Spud. First, let's go in a circle and everyone name the fruit or vegetable they want to be. Only one person can be assigned to each food. (If students have a hard time thinking of a fruit or vegetable, create index cards with the name or picture of a fruit or vegetable and distribute

them). These are the fruits and veggies we'll use for the game. Let's go in a circle and name them one more time so everyone can remember them.

We start by all gathering around me. I'll throw the ball straight up in the air and call out one of the fruits or veggies.

Whoever's food I call runs and tries to catch the ball while everyone else runs away. You must stay within these boundaries (define them).

Once that person catches the ball they yell "SPUD" and everyone must stop moving.

The catcher can take up to 4 steps and throws the ball at one of the other players to try and tag them with the ball.

The target must keep their feet planted but can twist, duck or try to catch the ball. If the ball makes contact but isn't caught, the target receives an "S"

If the ball misses or is caught, the thrower receives an "S".

Everyone then gathers around whoever received the "S". That unlucky player throws the ball in the air and calls out the next fruit or veggie for the next round.

As soon as a player receives S, P, U, and D they are eliminated.

The last player not eliminated or the person with the fewest letters is the winner.

Alternative Methodology

Used dice and assigned the number to vegetable. Each child gets a number. When their number comes up they grab it and shout the vegetable assigned to that number. Still use the letters for SPUD.