



November PE Activity: Energy Balance Exercises

Nutrition Lesson(s) Supported:

- Energy Balance

Supplies Needed:

- Possibly hula hoops, basketballs, other balls depending on activities chosen.

Length of Time to Complete:

- 3 minutes to review lesson
- 3 minutes to introduce activities
- 10 minutes to do activities

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:

This month we're learning about finding the right balance of eating and physical activity. Do you remember what we call this?

We call this Energy Balance. If we pay attention to how we feel, we can start to notice when we are eating too much, too little or just the right amount of food.

Think about a time when you were really hungry. That would be a time when you ate too little. How did you feel?

When we don't eat enough, we can get a headache, feel tired, have a hard time concentrating, or feel crabby. This is one of the reasons it's important to eat breakfast. Raise your hand if you ate breakfast today. What did you have for breakfast?

Now think about a time when you were really full. That would be a time when you ate too much. How did you feel?

If we eat too much (especially too many 'slow' foods), we can have an uncomfortably full stomach or feel sleepy.

When we eat food, we want to eat enough to give us energy. (Just like Goldilocks,) we don't want to eat too little or too much or we may feel sick. We want the amount of food we eat to be just right. We call this Energy Balance. Energy balance is when we eat the right amount of food compared to our activity level.

Today we're going to do some things where you will need to balance your energy with your partner's energy in order to work as a team to do the activities.

(Choose a few of the activities below or other balance activities of your choice and lead the class through them. You can set up stations and have groups of students move through the stations if desired.)

- Have pairs of students walk the length of the gym in a wheel barrel: the student in front walks on hands while student in back holds up their partner's legs. Have students swap positions at the end of the gym and walk back.
- Have two students each stand on one leg and pass a basketball back and forth with or without a bounce.
- Have two students hold hands: right hand to right hand, left hand to left hand so their hands are crossed. Then have them run or hop from one side of the gym to the other.
- Using taped or painted lines in the gym have students walk the tape heel to toe balance beam style.
- Using taped or painted lines in the gym have students jump from one side to the other as they move down the line.
- Lay hula hoops in the gym and have students hop on one leg in a circle around the hula hoop three times, then do the hula hoop for 2 minutes, then hop on the other leg in a circle around the hula hoop 3 times.
- Have students do the crab walk across the gym while balancing a ball on their stomach.