



April PE Activity: Indy 500

Nutrition Lesson(s) Supported:

- Sensational Snacks

Supplies Needed:

- Cones
- Hula Hoops

Length of Time to Complete:

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

Audience (grades): 2nd

Common Core Standards:

- English Language Arts: Speaking and Listening: 2.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask for clarification and further explanation as needed about the topics and texts under discussion.
- English Language Arts: Speaking and Listening: 2.3
 - Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

Lesson:

The Indy 500 is a very famous car race that occurs every May. Race car drivers drive 500 laps around one track! Mid-way through the race, the drivers need to stop and refuel their cars or they will run out of gas. Like cars, it is important that we refuel our bodies with 'go' snacks so we don't run out of energy.

Fruits, vegetables, seeds, nuts, yogurt, cheese and whole grains are all excellent snack choices.

Active bodies need a little more energy, so try to choose snacks that include at least two food groups, for example:

- Celery and peanut butter
- Apples and string cheese

- Raisins and almonds

When snacking, remember to keep your portion size no bigger than two handfuls. A snack is meant to give you a boost in energy, but if you eat too much, you might get sleepy.

Next time you enjoy a snack, think of the number two:

- Choose a snack that includes two food groups.
- Keep the snack size to no bigger than two handfuls (open both palms).

To remember the two snack rules, we are going to run a relay that involves the number two (set up a circular track using cones)! I'm going to divide you into 5 teams. When I say, "Go," two members of your team will run a lap around the track, one of your team members will have the hula hoop around his or her waist, while the second team member is holding the hoop from behind using two hands (standing outside of the hoop). Once they get back to the start point, the person who was holding on the outside of the hoop will step inside the hoop, and the next player in line will grab onto the back of the hoop and together, they will run a lap. You will continue the relay until everyone has had a turn running inside the hoop and holding on to the outside of the hoop (each team member will end up running two laps). Once your team is done, everyone sits down. (Have the students perform one practice relay).

