



October PE Activity: Red Light Green Light

Nutrition Lesson(s) Supported:

- *Guess My Food*

Supplies Needed: none

Length of Time to Complete:

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

Audience (grades): 2nd

Common Core Standards Taught:

- *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).*
- *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:

What do we call foods that give our bodies long lasting energy?
(‘Go’ foods)!

‘Go’ foods give our bodies the fuel it needs to grown strong, think clearly, and play our favorite sports/games.

Raise your hand if you can think of a ‘go’ food.
(*Fruits, vegetables, meat, eggs, grains, milk, nuts, seeds*).

When we eat mostly ‘go’ foods, we give our bodies energy so we can move quickly.

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.
(*Chips, candy, soda, cake, cookies, ice cream*).

Today we are going to play red light, green light, but instead of saying, "red light, green light", the stop light will yell, "go food or slow food".

When the stop light yells, "go food", you will run towards him/her, but if he/she says, "slow food", you will freeze. If you continue to move after I've said, "slow food", you will take 5 giant steps back.

The person who reaches the stop light first, wins and will be the next stop light.

Modifications:

- Vary the 'go' movements (skip, bear crawl, crab walk, hop).
- Students who continue to move after 'slow food' is called out can go back to the start line, or they can move to the side lines and do jumping jacks or mountain climbers before they rejoin the game.
- Use Green and Red signals to indicate "Go" and "Slow" foods. Have three students at a time to do the job of "stop light". Facing the teacher, "stop light" students would turn and search for moving students when the teacher raised the red signal. Stop light students would then report no more than two students they spotted moving. This worked great outside with the large group of students.