

## **PE Activity: Dance Party**

### **Supplies Needed for a Class of 25:**

- 3.5\_PH\_Dance-Party-Routine-Handout

### **Length of Time to Complete:**

- 5 minutes per day over several days to teach exercises
- 20 minutes to do routine

**Audience (grades):** 3rd – 5th

### **Background:**

The goal of this lesson is to teach the students a simple, fun exercise routine that they can do at home with their families. **(Give each student the handout to take home after they've learned the routine.)**

Adjust the speed at which you teach the routine based on how familiar your students are with the exercises and your other lesson plans.

Carbohydrates - healthy carbohydrates are good sources of energy. Some carbohydrates are better choices because they are more nutrient dense than others. If an individual is healthy then they should eat carbohydrates in moderation, using MyPlate as a guide. Carbohydrates are in all five food groups; some plant proteins, milk, fruit, vegetables and grains.

### **Lesson:**

This month you discussed energy balance and physical activity. Who can tell me what energy balance means?

*(Energy in through food vs. energy out through activity)*

You also discussed the types of snacks that provide long lasting energy. What do we call these foods that give us quick energy? *(carbohydrates)*

Go Food carbohydrates provide quick energy to our muscles so we feel strong during physical activity. Can anyone give me an example of Go Food carbohydrates? *(Fruits, vegetables, grains and lowfat milk)* Ninety percent of Americans don't eat enough of

fruits and vegetables! Who knows the minimum number of servings of fruits and of veggies we should eat every day? (*Two fruit and three veggie*)

When we run around and play we also need something else to keep us feeling good. Can anyone think of what this may be? (water) Yes! We need water to prevent dehydration.

Using MyPlate guidelines when creating your meals and snacks will help you get all the nutrients you need. The more you exercise, the more water and food you need. Listen to your body to figure out what it needs. Are you thirsty? Hungry? How hungry?

We talked about the three different types of exercise; strength, cardiovascular and stretching. When you dance, what kind of exercise is this? (*Depending on the dance it can include all three*)

This week we'll learn a fun routine that you can do it at home with your whole family. **(Teach the Dance Party Routine.)**