



March PE Activity: Yoga Tag

Nutrition Lesson(s) Supported:

- Screen Break

Supplies Needed:

- 2 Pennies

Length of Time to Complete:

- 5 minutes to introduce activity
- 10-15 minutes to play the game

Audience (grades): 3rd

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 3.1
 - 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: 3.3
 - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

Lesson:

Raise your hand if you can tell me what the term 'screen time' means. (It means the amount of time someone spends watching television, playing videogames or playing on the computer.)

When we watch T.V. or play video games we are usually not very active. Sometimes, we also tend to eat a lot while we are sitting around. If we don't get out and play, all this extra food we eat can cause us to gain weight.

Here's another thing to think about. If we spend a lot of time watching television or playing video games alone we can become distracted and forget to do our school work or forget to spend time with friends or our family.

What this means is that we should limit our screen time to two hours or less per day. Raise your hand if you can give me an activity you can do that does not involve screen time.

(Play outside, read a book, learn how cook, play a board game with friends or family, develop a new hobby, join a sport, listen to music, etc.)

Today we are going to play yoga tag. Raise your hand if you can think of a good stretch (demonstrate several stretches and yoga poses). Two of you will be 'it'. If you are tagged, you must choose any stretch or yoga pose and hold it for at least 10 seconds. Once you hold the pose for 10 seconds, you can rejoin the game.

(Play for several minutes and then rotate taggers).