

PE Activity: The Grain Game

Supplies Needed for a Class of 25:

- Stopwatch
- Pinnies – 2 different colors, 10-20 per color, depending on class size
- Optional – two yellow scarves per person

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to perform exercises

Audience (grades): 4th

Lesson:

This month in class you learned about whole grains. Raise your hand if you can give me an example of a whole grain food. (*100% Whole wheat bread, brown rice, oatmeal, popcorn*)

Whole grain foods are not refined, meaning that no parts of the grain are removed when a food is made. So, when you say you are eating a whole grain food, you are eating a food that is not missing any parts of the grain that contain good nutrients.

Raise your hand if you can tell me what the three parts of a grain are. (*Bran, germ and endosperm*)

- The bran is the outer shell of the grain. It contains B vitamins and fiber.
- The endosperm is the starchy part of the grain. It has some minerals, protein and a few vitamins.
- The germ is where the seed is stored for a new plant. The germ contains healthy fats, B vitamins, protein and minerals.

Since whole grains are so good for us, every day we should aim to make at least half the grains we eat whole grains.

Today we are going to play The Whole Grain Game. **(Choose either Option 1 or 2.)**

Option 1: We are going to start by separating into three equal groups. **(Give one group pinnies of the same color. Give second group pinnies of a different color. The third group will not have pinnies.)**

- Group 1 - the bran group/runners
- Group 2 - the germ group/taggers
- Group 3 - the endosperm group/un-taggers

When I blow the whistle, the bran group **(Group 1 – say their pinny color.)** will run around the gym and try not to be tagged by the germ group **(Group 2- say their pinny color.)**. If you are tagged, you must freeze in place. Someone from the endosperm group **(Group 3 – tell them their color.)** can then come and tag you again, to “unfreeze” you.

The game will continue until the whistle blows.

(This game can be modified by allowing each student to rotate each role every three minutes, as shown in the chart below.)

| | <u>Bran (1)</u> | <u>Germ (2)</u> | <u>Endosperm (3)</u> |
|-------------------------|------------------------|------------------------|-----------------------------|
| First rotation: | runner | tagger | un-tagger |
| Second rotation: | tagger | un-tagger | runner |
| Third rotation: | un-tagger | runner | tagger |

Option 2: **(Give each student 2 scarves to put in their pockets or to tuck in their shorts.)** The object of this game is to capture as much grain as you can. The scarves in your pockets are the grain, so protect your grain as you try to capture other people’s grain. Ready, set go!