

PE Activity: Sugar Circuit

Supplies Needed for a Class of 25:

- 4.4_PV_Sugar-Circuit-Signs
- Stopwatch

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 -15 minutes to perform activity

Audience (grades): 4th

Lesson:

There are Go Foods and Slow Foods that both contain sugar.

Who can name a Go Food that has natural sugar? (*Apples, bananas, carrots*)

Who can name a Slow Food that has added sugars? (*Cakes, soda, cookies*)

Does anyone remember what makes the Go Foods with natural sugar a better choice than the Slow Foods with added sugars? (*Fiber to regulate blood sugar and fill you up, vitamins and minerals*)

How do we know how much sugar a product has? (*Read the nutrition label.*) The number of grams of sugar an item contains is listed on the nutrition label. When choosing your snacks and desserts remember to make sure you are eating three servings of vegetables and two servings of fruits each day. If you are getting all of the important nutrients and you are still hungry, then you can enjoy a treat.

Today we are doing a Sugar Circuit Workout. Each exercise station has a sign for a food discussed in class and how much sugar is in a portion OR a serving of that food. The number of times you have to do the activity depends on the grams of sugar in that particular food.

Set up:

- Set up Sugar Circuit Signs in areas of the gym appropriate for the activity. For instance, the water station should be next to the water fountain.
- Divide class into six groups. Assign each group a starting station.
- Explain what order they will rotate through the stations and how they will know when to rotate and start/end the exercise.

Rules:

- Stop at each station for 60 to 90 seconds to complete the designated activity.
- At each station, perform the exercise below:

Food	Grams of Sugar	Exercise
Candy bar	29 grams added sugar	29 line jumps –side to side or back to forward
12 oz can of soda	40 grams of added sugar	40 jumping jacks
1 cup of raw carrots	10 grams of natural sugar for two servings	10 crunches
1 cup of Cheerios	1 gram of added sugar	Run/skip/crab crawl 1 lap around the gym, or determined area/lines
1 cup of strawberries	14 grams of natural sugar for two servings	14 push ups
1 cup of water	0 grams of sugar	Rest station – drink water