

PE Activity: Cardio Relay Race

Supplies Needed for a Class of 25:

- Basketballs, paddles, whiffle balls and jump ropes

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to practice poses and play tag

Audience (grades): 4th

Lesson:

Raise your hand and tell me what “macro” means? (*Large*) So who can tell me what a macronutrient is? (*A nutrient we need in large amounts for energy and healthy growth*)

What are the names of the three macronutrients? (*Fat, protein, carbohydrate*)

What kind of fat is a Go fat? (*Unsaturated fat*) What are some foods that we can find healthy fats in? (*Fish, chicken, nuts, etc.*) How does fat help us stay active? (*It gives us long-lasting energy.*)

How does protein help us stay active? (*Gives us long lasting energy, helps build strong muscles*) What are some foods that we can find protein in? (*Meats, fish, beans, nuts, Greek yogurt, etc.*)

How do carbohydrates help us stay active? (*They give us quick energy so we can be active right away.*) That’s why foods with carbohydrates are great for when you are about to exercise! What is the name of a special carbohydrate that helps us feel full and keeps our digestive system healthy? (*Fiber*) What are some foods that we can find carbohydrates in? (*Cereal, pasta, bread, fruits, vegetables, milk*)

Eating a healthy balance of fat, protein, and carbohydrates is the best way to fuel your body for exercise!

Today we are going break into teams and do a Cardio Relay Race.

You will be very active during this game. If we were to have a snack right before the game, which macronutrient would be a good choice? (*Carbohydrate, to give us quick energy*)

What are some examples of carbohydrates that you might eat? (*Fruits, vegetables*)

(Indicate the teams where someone must go twice.)

Set-up:

- Designate three stations: Station A - jumping jacks, Station B - jump rope and Station C - dribble basketballs.
- Place jump ropes and basketballs in designated areas.

Rules:

- Each team will line up behind designated line.
- Each player runs the circuit of exercises at least once; some players may have to run twice.
- Each student will line up behind the line. The first person on the team:
 - Runs to station A, does 20 jumping jacks,
 - Runs to station B and jumps rope 20 times,
 - Runs to station C picks up the basketball and dribbles to the other line and back to station C
 - Puts down the basketball, runs back to the start line and tags the next player on the team.
- The teammates not running the circuit will form a circle and bounce a basketball to each other while shuffling their feet quickly back and forth like a defensive basketball player, feet shoulder width apart and run in place.
- Once everyone on a team has finished, they should sit down.
- The first team to finish wins.

Variations:

- Instead of shuffling while passing the basketball have them do some other cardio exercise such as jumping rope, mountain climbers, burpees, etc.
- Do multiple rounds and as teams finish one round, they start a different cardio activity.