

PE Activity: Knowledge Builds Power

Supplies Needed for Class of 25:

- Circuit Cards

Length of Time to Complete:

- 5 minutes to introduce activity
- 6 minutes for one cycle through the circuit

Audience (grades): 5th

Lesson:

We've talked about many things we can do to build a healthy body. What are some things we can do? (*Eat well balanced meals, eat mainly Go Foods, control portion sizes, limit screen time, drink water, eat at least 5 servings of fruits and vegetables per day, get a good night's sleep, minimize stress, exercise for at least 60 minutes a day, etc*)

Today's activity will reinforce the importance of many of these activities. We're going to break into 6 groups and do some circuit training. At each station there is an activity that relates to a healthy habit. You'll spend one minute at each station. When I blow my whistle, you'll move to the next station. (*Assign students to a station and start activity.*)

1. Station 1 – For great energy eat mainly Go Foods – Run lines (designate two lines in the gym they should run between)
2. Station 2 – Do calming activities before sleep - Hold your favorite yoga pose
3. Station 3 – Use MyPlate to create balanced meals – Hold a plank pose or do push-ups
4. Station 4 – Exercise for at least 60 minutes a day – Do mountain climbers
5. Station 5 – Read nutrition labels and ingredient lists to identify healthy options – Your choice: do an exercise that gets your heart pumping!
6. Station 6 – Drink water – water break