



January PE Activity: Don't be Slow

Nutrition Lesson(s) Supported:

- Cereal Scavenger Hunt

Supplies Needed:

- None

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:

Breakfast is the most important meal of the day. Raise your hand if you eat breakfast every day.

Now raise your hand if you ever eat cereal for breakfast.

Did you know that cereal is the most common breakfast eaten in the United States? Do you think cereal is a 'go' food or a 'slow' food?

The truth is it depends on the cereal. Some cereals are made with whole grains and have a small amount of sugar. Others have lots of sugar and maybe chocolate, marshmallows or other things added to them.

Raise your hand if you can tell me what a go food is.

Go foods are foods that give us long lasting energy during the day.

Now raise your hand if you can tell me what a slow food is.

Slow foods are foods that provide us a quick burst of energy but then may slow us down.

So how do we know if a cereal is a 'go' cereal? In order to be a 'go' cereal, there must be **9 grams or less of sugar per serving**. Also, a 'go' cereal must **have at least 3 grams of fiber per serving**.

Raise your hand if you can tell me where you look to find the amount of sugar and fiber in a cereal.

(The nutrition / food label).

Today we are going to play a game called Don't be Slow. The object of the game is to be the last person to be tagged. You must run from one side of the gym to the other and tag the line on the other side and run back. If you are tagged you must stay in that spot and try and tag people as they run by.

(Assign 10% of the class to be taggers initially. For each new round of play vary how they move across the gym and who the initial taggers are. Possible motions could be

- Skipping
- Jumping
- Crab walk
- Shuffling

Repeat game as often as desired.)