

4**November PE Activity: Going the Distance****Nutrition Lesson(s) Supported:**

- Thankful for Food

Supplies Needed:

- Stopwatch
- 50 bean bags
- 5 batons
- Equipment to set up 5 obstacle courses

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to perform race once

Audience (grades): 4th**Common Core Standards Taught:**

- English Language Arts: Speaking and Listening: 4.1
 - Follow agreed-upon rules for discussions and carry out assigned roles.
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

Set up:

Use hula hoops, cones, jump ropes, or other equipment to set up 5 identical obstacle courses. At the end of each obstacle course have a container, hula hoop or mat that the bean bags will go into.

Lesson:

This month we talked about the importance of eating locally grown food. We are lucky because we have grocery stores and restaurants where we can go to buy our food. Raise your hand if you can tell me what things influence where food is grown? Climate, geography, and resources like water or soil for growing crops.

Not all the food we buy at our local grocery store is grown locally. Many foods come from different parts of the United States or countries.

Today we are going to do an obstacle course race called Going the Distance. The length of the obstacle course simulates the distance food must travel. The obstacles simulate the geography of the land, hills, and bodies of water. The bean bags are the resources for growing crops like water and soil, and the batons are the climate which can be helpful or not!

(Divide the class into 5 teams. Give each team one baton and 10 bean bags.)

Each team sends a person through the obstacle course carrying a bean bag on the baton. The person drops the bean bag into the collection bin, races back, and gives the baton to their teammate. You may not use your hand to hold the bean bag on the baton or to pick up the bean bag if it falls. The goal is to get the most bean bags to the other end of the obstacle course before time is up.

(Demonstrate how to work through the obstacle course.)

You have 7 minutes. Ready, Set, Go!