



December PE Activity: Steal the Bacon

Nutrition Lesson(s) Supported:

- Break the fast

Supplies Needed:

- 2 bean bags
- 10-14 Pennies (enough for half the class)
- 2 Hula hoops

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 3rd grade

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).
 - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
 - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

Lesson:

Raise your hand and tell me why it is important to eat breakfast.
(Breakfast gives you energy and helps you think clearly)

Raise your hand if you can think of some healthy breakfast choices.
(Oatmeal, eggs, toast and peanut butter, yogurt and cereal, deli meat and cheese, and other Go foods)

Today, we are going to play capture the flag, but instead of capturing the flag, we are going to try to take the other team's breakfast! This morning, we were running late and didn't have time to eat, and now we are hungry!

Raise your hand if you can think of what may happen if you don't eat breakfast?

You might have a hard time concentrating, you might get a headache, your stomach might growl, or you might feel low on energy.

Today, we are going to divide into two teams. Your team's goal is to try to capture the other team's bacon (beanbag). If you are tagged while in the other team's 'territory,' you must go to jail. While in jail, you must run in place. You are released from jail if one of your teammates tags your hand.

If you capture the other team's bacon and make it back to your side without being tagged, your team wins.

Set-up:

Place two hula hoops at opposite ends of the gym (under the basketball hoop) and place each beanbag inside the hoop.

Set boundaries and rules regarding how far students have to stand from their hoop

Variations:

- Have more than one piece of 'bacon'.
- Scatter several hula hoops across the baseline of the gym.
- Devise rules for rescuing players from jail.