



October PE Activity: Sugar Circuit

Nutrition Lesson(s) Supported:

-Sugar Sugar

Supplies Needed:

- Sugar Circuit Signs

Length of Time to Complete:

5 minutes to introduce activity

10-15 minutes to play

Audience (grades): 5th

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 5.1
 - Follow agreed-upon rules for discussions and carry out assigned roles.
 - Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

Lesson:

We all know that sugar is a substance that makes things sweet. Raise your hand if you can think of a food that contains sugar.

(Candy, ice cream, cakes, soda etc.)

Did you know that 100% juice, apples, carrots, and milk also contain sugar?

So how do we become "sugar smart"? We can read nutrition labels. The number of grams of sugar an item contains is posted on the nutrition label. It is also important to know what source of sugar you are eating. Is it added sugar like in sodas and candy bars? Or natural, healthier sugars like in fruit, vegetables, and milk?

Today we are doing a Sugar Circuit workout, where there are different activities to do at each of the six stations. Each station has a food discussed in class and how much sugar is in a portion OR serving of that food (station may have either). The number of times you have to do the activity depends on the grams of sugar in that particular food.

Each station is going to be 60 (or 90) seconds long, which will give you enough time to complete the activity.

1. **Snickers Bar** (29 g sugar)-do **29 line jumps** side-to-side or back-forward
2. **12 oz Can of Soda** (40 g sugar)-do **40 jumping jacks**
3. **1 cup of raw carrots** (only 10 g sugar for 2 servings!)-do **10 crunches**.
Notice for 2 servings of carrots there are only 10 g of sugar, you only have to do 10 crunches!
4. **1 cup of Cherrios** (only 1 g sugar)- run/skip/crab crawl **1 lap** around the gym, or determined area/lines
5. **1 cup of strawberries** (only 14 g sugar for 2 servings!)-do **14 push ups**
6. **1 cup of water-Rest station-** (0 g sugar): have station located near **water fountain** if available

(Divide class into six groups. Assign each group a starting station. Explain what order they will rotate through the stations and how they will know when to rotate and start/end the exercise.)