

Catch a Healthy Lifestyle

Introduction: The “Walk Across Texas” program helps students recognize the role of physical activity in helping the body grow strong and stay healthy. In this lesson, students learn about the importance of a healthy lifestyle while fostering previously taught locomotor skills. This lesson is adapted from a lesson idea on the PE Central website at: <http://pecentral.org/lessonideas/ViewLesson.asp?ID=5231>.

Grade Level and Subject: 3rd Grade P.E., Health Education

TEKS: P.E. – 1B, 1C, 3B, 4A, 7A
Health Education – 1B, 1D

Materials: Hula hoop (or circle in gym’s center); foam balls for each student in the following colors: Red (represents Meat), Blue (Water), Orange (Vegetables - Carrots), Green (“Go” Exercise), Purple (Fruits - Grapes), Black (Sweets - Chocolate), White (Breads), Yellow (Dairy - Cheese); 3-5 “DARE” balls or some type of ball other than foam (unhealthy choices such as drugs, lack of exercise, etc.); 1 shopping cart (or big container); 1 large trash can; large food pyramid (display); color-coded chart to show which food group is represented by each foam ball (display); music; Locomotor Assessment Sheet (optional)

Activity:

1. Review locomotor skills (walking, skipping, galloping, marching, running, hopping, etc.), food pyramid, and healthy lifestyle choices.
2. Select several students (the number depends on the class size) to be taggers or “munchers” (review safe tagging techniques). Taggers stand at the half court line beside the “stomach” (hula hoop) until the music starts. Munchers then try to capture food, water, exercise, and unhealthy habits. All other students select a ball from the “grocery cart” and go to one of the two end lines in the gym.
3. Prior to turning on the music, the teacher holds up or says a locomotor skill. Once the music begins, all students perform the locomotor skill that was requested. The students representing food, water, exercise, and unhealthy habits try to make it to the opposite end line without being tagged by a muncher. The munchers are trying to fill up the stomach (hula hoop) with the daily recommend servings from each of the food groups. The munchers also want to capture some exercise and water! (The foam balls go in the “stomach” or hula hoop.) When the munchers tag unhealthy habits (DARE or different balls), they place the ball in the trash can. Instead of sitting out after being tagged by a muncher, the other students go back to the shopping cart and get another ball. If you do not have enough balls for students to do this, you could have them help the munchers. A new game begins (with new munchers) once all (or at least most) of the daily recommended servings are captured.

Evaluation: After each game, the teacher and the students refer to the food pyramid and “check” the stomach (hula hoop) to see if anything is missing or if anything is in the stomach that is unhealthy. Did the munchers get water? Exercise? Did they eat too many sweets? Are the students correctly performing locomotor skills? You may create a written assessment of the specific locomotor skills. The students are more likely to perform (or “stick to”) the locomotor skill if they know that you have a “check” sheet.



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