**2016 CAHPERD Conference Session Notes**

**Session Title: What?................I have to teach HEALTH!**

**Presenter:**  Cindy Lederer, Physical Educator.

 Fairfield-Suisun USD , Fairfield, CA

 Coordinator of the Council on Physical Education for Children (CPEC)

 CindyL@fsusd.org

**Spell that Word** 

**Objective:** The first group to finish spelling out the Health content word correctly wins the point.

**Formations:** Divide class into groups of 5 or 6 or partner sets. Sitting in a group.

**Equipment:** Bone or Muscle names cards, body systems name cards. Enough cards of each per group (6 sets).

 Sentence strips with health content words on them.. A large amount of letters. Cones for each

team and a finish line.

**Description:**

 Place all letters in one area away from the groups. Each member of the group has a number. Teacher has the sentence strips with the Health Word/s. All groups are given a task to do after they finished spelling the given word/s. Example: Run a lap, Jumping rope, 50 Skips. Teacher shows a sentence strip to all groups at the same time. Player #1 from each group runs to fine a letter to help spell the given word/s. A player can only get one letter at a time. When Player #1 returns to the group, Player #2 goes and gets another letter. Each player in order goes to get a letter. When the group has finished the word, they must complete the activity task and all end up pass the finished line.

 **Option:** Add exercise activity after completion of the spelling of the word.

**Body System/Bones/Muscles Match games**

**Objective:**  The first team to match all the Body System/Bones/Muscle cards to their definitions.

**Formations:**  Divide Class into groups 5 or 6. Relay formation or scattered.

**Equipment:**  8 sets of Body Systems index cards and their definitions. Example: Digestive System on one card

and it’s definition on another one. A cheat sheet for each group if needed or one to be posted. on

a wall.

**Description:**

Place all the cards in one area scatter on the floor. Player #1 runs to go get a card, goes back to relay

line and tag the next player. Players waiting in line lay out the retrieved cards. First team to get all the body system cards next to their definitions will win the point.

**Option:**  Scattered formation

**Option**: Adding an activity task after completing the cards and ending on a finish line.

**Skeleton and Muscular System Relays**

**Objective:**  Put all the bones in their right place to build a skeleton.

**Formation:** Divide class into relay teams of 5 or 6.

**Equipment:**  Index cards with individual bone names on them or use a poly skeleton puzzle for each team. Cones for each team and exercise area. String to make the frame to assemble the puzzle or index cards. Cheat sheets on the wall. Poly spots for activity. Finish line.

**Description:**  Each team has a cone at the start line and finish line. Place all cards or puzzle pieces in one area and string pieces in another. Players huddle up to discuss jobs.

Job #1 Framer - Using the string, form a large frame on the ground so other teammates can build the

 skeletal/muscular system within.

Job. #2 Builder - Builds the skeleton/muscular system within the frame as teammates bring you the cards or

 pieces from the piles.

Job #3 Runners - Pick up one card/puzzle piece at a time from the designated pile,

Job #4 Examiner- Make sure all the bone cards/puzzle pieces are in the right order. Plus make sure the team does the designated activity correctly after the skeletal/muscular system is done.

On the word for the day, teams start working to build their system. The system must be built within a frame. The Framer’s must keep adjusting the size of the team’s frame as the cards/puzzle pieces come in. Examiner’s, makes sure all the bones/muscles are in the right place by checking the cheat sheet on the wall. Once the system is completed all the members of the team do a designated activity to reach the finish line.

Example activity: Stepping stones. Each teammates has a poly spot and one extra poly spot per relay team. 5 member team.

Start Line Finish Line

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

O O O O O O (river)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Using the poly spots (stepping stones) the team member must stay on the spots to cross the river. By working together they must get all their members across the finish line. If any member falls off their spot, the team must go back and start over.

Winning teams are the ones that have a correct skeletal/muscular system in a frame. Plus doing the Stepping stones activity correctly.

**Option:** Use any cooperative activity for teams to do after they finish building their system.

**Option:** Use a team member to lie down on their back. No string frame needed. As the cards come in, place the name cards puzzle pieces on the teammate where the bone is. After all the cards are placed everyone except the team member who has the cards/puzzle pieces on them. Does the activity.

**Nutrition games:**

**Rate that Cereal**

**Objective:** To see which dry cereals is the best for you to eat depending on what you are trying to reduce in your diet.

**Formation:**  Scattered.

**Equipment:**  Cereal Boxes that include the nutritional label.

**Pre Knowledge:** Students understands nutritional label.

**Description:** Each student has a Cereal Box. Students are asked to stand in order of the calories in one serving w/milk from less to more. If several cereal’s have the same calorie count, the students stand in relay formation.perpendicular to the line. A discussion on reading labels and the cereal industry.

**Option:** In order by the amount of Salt.

**Option:** In order by fat grams

**Option:** Each student has two cereal boxes and is told to compare the two. Hold up the cereal that

 has more calories.

**Design a Meal Relay** 

**Objective:** To plan a meal that will add up to the lowest amount of calories compared to all the

 teams. Plus completes the given activity correctly.

 meal. Using items from all the food groups.

**Formation:** Teams of 4 or 5 students. In relay formation.

**Equipment:**  Tubs full of food labels from all food groups, cones, worksheet, clipboards, pencils,

 Running path, buckets

**Description:** On the word of the day, each team starts to pick up one label to build the a meal from each one of the food groups. Members may go back and switch out labels, if need be. Once a team is done. All members hook elbows and move around a given path. If any of the team members breaks the bond, the team has to stop and do 40 jumping jacks. Hook up again and continue to move on to the finish line. Discussion on calories after the game is finished.

**Option:** Make fast food cards from one restaurant or more than one restaurant.

**Food Pyramid Relay** 

**Objective:** To actively combine all the elements of the Food Pyramid: Eating a balanced meal and

exercise for understanding. Complete a Food pyramid.

**Formation:**  Teams of 4 and 5 in relay formation:

**Equipment:** Food group & exercise station cards plus blank card, Cones, food & number

 dice

Rules to players: All card must be face down at all times. One card per player.

**Description:**  Put station cards up in different areas of the room/playground. In one area turn all the food group cards face down. Each team has a cone on the start line and finish area. Each group has on set of dice (a food group & reg. dice).

On the word of the day, Player #1 starts and goes to find the Food Pyramid Card, which is your cue card,

 Player #2 is tag, who rolls the food group dice. Player # 2 runs to find a item from the food group dice that is facing up.

 Player #3, rolls the food dice, if the same food group shows up as it did for player #2, Player #3 rolls the reg. dice. The number will let the team know how many reps they need to do when they are at a exercise station. Stations are scatter around the room. The team picks one Exercise station and do as many reps of that exercise for the amount that was rolled. Then the team goes back to their area.

Player #4 rolls the food dice. If a different food group shows, #4 goes to get an item from that food group. Tags Player #5. If the same one comes up, Player #4 rolls the rep dice, and the team goes to another exercise station.

When the team is done building their pyramid. Members sit in relay order behind their finishing cone.

 Jumping Jack station Forward lunges Side Lunges

 ooooo ^ Card area

Mountain Climbers Squats



**Bowl Dash Relay**

**Objective:** To be the first team to complete the list of fast food items on a list that each team is

given.

**Formation:** Working with a partner

**Equipment:** Bowls with the pictures of the food items they are looking for. A list of food items per

team. A start line and finish line. Wall cards of all the food items. Clipboards & pencils.

Worksheet.

**Description:** Scatter the bowls upside down in an area. Working with your partner, one at a time, each partner runs over and turns over a bowl when it is their turn. If it is the one they are looking for, bring it back. If it is “not” one they need to find. Then place it back face down, do 3 burpees and run back to the home base and tag your partner so they can go. When the partners have all their items, they take their items to the finish line and line them all up behind their cone. After the game is over all teams . Partners sets fill out the worksheet on the food items. Look for the food items on the wall and fill out the worksheet..