

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

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Phlanages

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/ 6's or partner sets. Sitting in a group.

Equipment: Bone or Muscle names cards/sentence strips , body systems name cards/sentence strips. Lots of

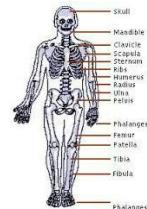
alphabet cards/foam alphabet letters. A start and a finish cone. Equipment that you would need

for the activity task are chosen.

Description:

Place all letters in one area away from the groups. 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 Jumps), 50 Skips, etc.. Teacher shows a sentence strip to all groups at the same time. Player #1 from each group runs to find 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:

One group of cards is placed in the middle of the group on the floor. On the word "GO/word of the day", the group works together to place the body system name card next to its description. First team to get all the body system cards next to their definitions will win the point.

Option: Make this into a relay

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. 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 Builder - Builds the skeleton/muscular system within the frame as teammates bring you the cards or pieces from the piles.
- Job #2 Runners - Pick up one card/puzzle piece at a time from the designated pile,
- Job #3 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 "GO/word for the day", teams start working to build their system. All puzzle pieces/cards are in one area. One Runner at a time, goes to pick up ONE puzzle piece/card. Then brings the one piece back to their team, tags a teammate. Runner #2 goes and the team repeats this until the team has completed their Skeleton/Muscle man. 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

(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.

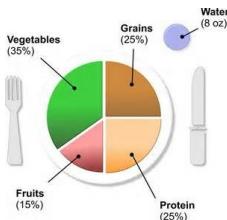
Pre Knowledge: Students understand nutritional label.

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: By using food labels 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/GO, 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. Picking up ONLY one label at a time. Using the nutritional label on each product, complete the worksheet. Once the worksheet is completed, then the team does a given activity given by the teacher at the beginning of the day.

Activity: 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 and sit down in rely position. 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 assessment. Complete a Food pyramid.

Formation: Teams of 4 or in partners, in relay formation:

Equipment: Food group & pyramid cards, Cones, food & number dice

Rules to players: All card must be face down at all times. Player can turn over as many cards as they need to till they find the card they are looking for.

Description: Put station cards up in different areas of the room/playground, either on the ground or wall. In another area, scatter/ 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 or GO, The team rolls the food group dice. Player #1 heads towards the food card area and finds a card with a food from that group. If Player #1 turns over a card that is from the food group that was face up on the food group dice that the team rolled, then the Player brings it back to the team. OR they turn over a pyramid card they can bring that back.

If at any time a player finds a pyramid care they can take it back Only one back to their team.

The team rolls the food group dice. Player # 2 runs to find a item from the food group dice that is facing up only if the food group shown is different than the first roll. If the roll shows the same food group, the group goes to find an exercise station and do that exercise as directed. After the activity is over, the team returns to roll the food dice again.

Game continues until the team has a pyramid card and one card from each food group (6 cards). A total of 7 cards.

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..

On Conference web site:

Card labels - I bought Avery #5263 shipping labels and used the Avery Template 5163 off the Avery web site for template.

3x5 index cards

Bing images for pictures