



Foods of the Month
Fun Being Active

November



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Be Physically Active Your Way

Directions:

- » Begin by listing several activities like walking, swimming, gardening, jumping, skipping, etc. and ask the students what those things are examples of (physical activity). Explain to the students that physical activity is a very important part of staying healthy. The energy we get from food is used when we are active.
- » Most children and adolescents need 60 minutes of physical activity each day. Ask the students to share their favorite ways to be physically active. Then have them list some ways that families can be active together.

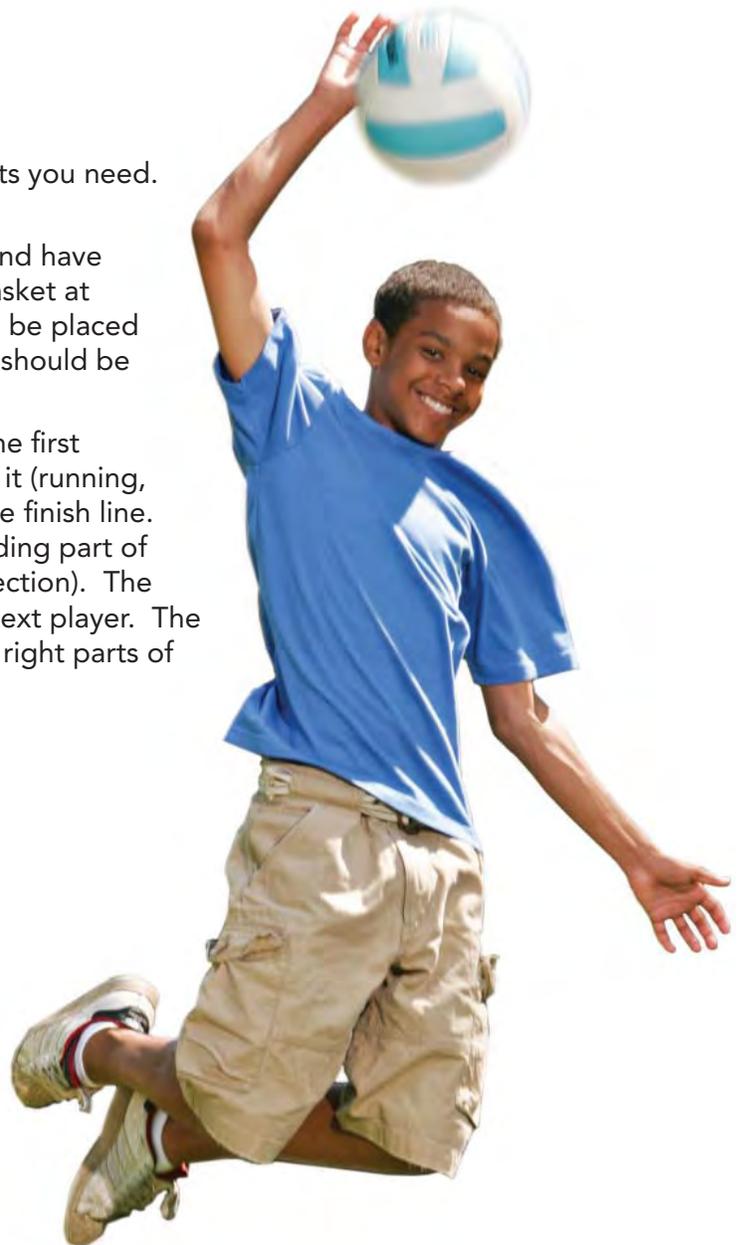
ACTIVITY: MyPlate Relay

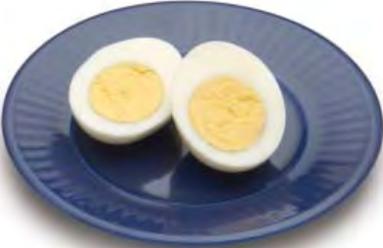
You will need:

- ✓ One set of food and activity cards cut out for each relay line
- ✓ One bowl or basket per relay line
- ✓ One MyPlate printout per line

Directions:

- » Print out the number of food and activity card sets you need. (1 per team)
- » Divide the students into even teams (at least 2) and have them line up behind a starting line. Place one basket at the starting line for each team. The cards should be placed in the starting line basket. The MyPlate printout should be placed at the finish line for each team.
- » Students line up single file behind the basket. The first child draws a card and does the activity listed on it (running, walking, skipping, crab walking, etc.) to get to the finish line. He or she then places the card on the corresponding part of the plate (i.e. grilled chicken on purple protein section). The child runs back to the starting line and tags the next player. The team that finishes first and has their cards on the right parts of the plate wins.



	<p>jump carrots</p>		<p>skip whole-wheat bread</p>
	<p>crab walk peaches</p>		<p>gallop milk</p>
	<p>tip-toe grilled chicken</p>		<p>crawl egg</p>
	<p>spin spinach</p>		<p>hop on two feet grapes</p>
	<p>hop on one foot cheese</p>		<p>dance eggplant</p>

	<p>sway</p> <p>squash</p>		<p>roll</p> <p>sunflower seeds</p>
	<p>walk</p> <p>whole-wheat pasta</p>		<p>run</p> <p>watermelon</p>
	<p>walk heel-to-toe</p> <p>peanut butter</p>		<p>walk backwards</p> <p>low-fat yogurt</p>
	<p>take giant steps</p> <p>red pepper</p>		<p>grape-vine walk</p> <p>sweet potato</p>
	<p>duck-walk</p> <p>brown rice</p>		<p>wheelbarrow-walk (with a friend)</p> <p>fish</p>



Foods of the Month Fun Being Active

Chicken Run!!

Required: Rubber chicken (or large bean bag)

Instructions: Make two teams, same number of children per team.

Leader of first team throws chicken as far as she/he can and yells **CHICKEN RUN!**

Her/His team then bunches into as small a group (huddle) as they can, except for one camper who is the 'runner'.

The runner runs around and around the group as fast as he can, yelling out the number of laps as he circles.

Meanwhile, the other team runs to where the chicken landed and forms a line facing the chicken.

The leader picks up the chicken and hands it over his shoulder to the child behind her/him. That child hands it under her/his legs to the child behind her/him. This is repeated over-under all the way to the last child in line. When the last child gets the chicken, he throws it as far as he can and yells **CHICKEN RUN!**

The teams switch roles, running in circles and chasing the chicken, for a set time limit. The team with the most laps wins.

May have rule that each child can only be a runner or thrower once during a game.

Adapted from: http://www.campingdude.com/content/game/chicken_run-1039.asp



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Hopping Chicken!!

This traditional Chinese game can be played with two players or in two teams, indoors or out. It is similar to Hopscotch.

Age: 6+

Each player or team (of two) has 10 sticks, each about 12 inches long. They are laid on the ground like a ladder, about 10 inches apart, one ladder for each player or team.

How to play:

One player from each team starts, hopping over the sticks without touching any of them. If a stick is touched, the player is disqualified.

When the player has hopped over all the sticks, s/he stops, still on one foot, and bends down to pick up the last stick. S/He then hops back over the remaining sticks.

Reaching the beginning again, s/he drops the stick and sets off again to hop over the nine remaining sticks, picks up the last one, and returns.

Play continues until all of the sticks have been picked up.

Remember, a player is disqualified if s/he puts both feet on the ground at any point during her/his turn, or if s/he touches a stick with his foot.

Individual game:

Count your mistakes. The winner is the player who finishes with the least mistakes.

Team game:

The winner is the team that has gotten the furthest along when all players are disqualified! If both teams finish, the winning team is the one that finishes with most players left.

Variations:

- Play as a race game. If you make a mistake, you start over.
- Play as a relay. The first player hops over ten sticks, returning with the tenth. The second player hops over nine, the third hops over eight, etc. This works very well with mixed age groups, where the younger children play towards the end of the team's go.
- Try changing the foot that you hop on each round!

Source: <http://www.activityvillage.co.uk/hopping-chicken>



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Hot Sweet Potato!

Make a sweet potato bean bag to use for this game beforehand (or bring a raw sweet potato).

Explain to the children:

- Sweet potatoes can be baked in the oven just like a regular potato. When they come out they are very hot (and when fully cooked, sometimes have sticky, yummy syrup dripping from them/oozing out of holes usually made with a fork before baking!).
- We are going to play “Hot Sweet Potato” to remind us that we can bake sweet potatoes in the oven to eat.

Play “Hot Sweet Potato” with the children.

Split the children into small groups, and have each form a circle – try this with all the children standing to allow for more physical activity!

Play some music on a portable device that you can pause easily.

Have the children toss the sweet potato around and stop the music at random times. Whoever has the sweet potato when the music stops is out.

Repeat this process until you have a winner.

Adapted from: Utah State University Extension



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Foods of the Month Experiential Activities

PLAY HARD CHARADES GAME (12-15 MINUTES)

This game helps kids think about the many ways to be physically active!

Say to the group of children, *“Now we’re going to play a game. On the back of your card, write the name of something you want to do to play hard every day. This can be something you already know how to do. It can also be something you want to learn, like playing basketball or baseball, doing cool dance moves or even just cleaning your room at home. Don’t share what you wrote with anyone!”*

Demonstrate writing down a favorite activity on the card. Help with spelling and grammar.

“Are you ready to play the game? I’d like a volunteer to come up to the front of the class with me, and – without talking – show us the activity you wrote down. The other students will guess the name of your activity.”

Select a student volunteer and bring them up to the front of the room to silently act out the movement on their card. The other students will try to guess what they are doing until they get it right.

Once the students guess the activity correctly, the class will then act out the activity together for at least 30 seconds.

Repeat with other students as many times as possible. Encourage excitement and participation. Remind them that they are now closer to reaching their goal of doing 1- hour of play every day!

“Those are all fun ways to play hard. We know now that playing hard is one way that will help you grow strong and have lots of energy. Now, who can tell me what you do when you are NOT playing hard at home? How many of you watch TV, play on the computer or play video games? Are they fun? They sure are, but sometimes they will keep us from playing hard at least one hour every day. This means, if we do them too much, we won’t grow up strong. We need to remember that in order to grow strong, we need to watch less television, and play less computer and video games at home. This way, we have more time to play hard. Do you think you can do this? YAY!!”

Source: University of Nevada Cooperative Extension