



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Food Groups Tag games

K-3

General Outcome A



Basic Skills:

Locomotor

Application of Basic Skills In:

Individual Activities

General Outcome B



Functional Fitness

Well-being

General Outcome C



Communication

Fair Play

Teamwork

General Outcome D



Effort

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – Talk to the students about eating healthy. Go over the four food groups. Breakdown a typical lunch to see if it includes all food groups. Put on blackboard.

Body – Food Group Tag (T.V. Tag) – Select four children to be it. Call out one food group as students attempt to tag others, in order not to be tagged, a child must name a food in that food group and squat down. Child cannot use the same food more than once. Change food group as teacher wants. Eat Well Tag (Blob Tag) – Select four pairs of students to be it, each pair representing a food group. As the pairs (holding hands) tag others, they must join on to the two but first pick a food within that particular food group to represent. As more attach, children have to think of a variety of foods within each group, play until all children are tagged.

Culminating Activity – Talk about food, what did they have to concentrate on, what did they learn? Which food group was the easiest, which was the hardest?

Assessment Strategies:

How does healthy eating relate to moving, as in games or in the broad aspect?

Equipment:

Resources:

Adaptations: