

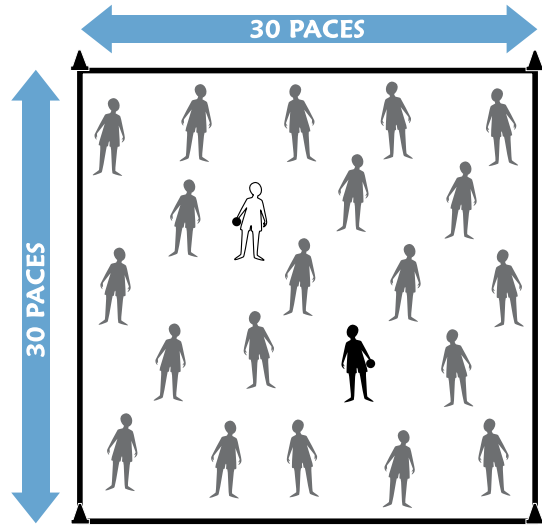


## Ready

- 4 cones (for boundaries)
- 2 fluffballs
- Music and player
- Portable white board or chart paper with 2 different color markers (optional)
- 2 fruit and vegetable beanbags (optional)

## Set

- Create large (30X30 paces) activity area.
- Select 2 students to be Taggers; name 1 “Sugar,” the other “Fat.”
- Give each Tagger 1 fluffball.



## GO!

1. “Sugar” and “Fat,” will try to safe tag (with their fluffballs) as many healthy students as they can while the music is playing.
2. When tagged, shout either “Sugar!” or “Fat!” – whichever 1 tagged you, while you jog in place.
3. When you hear and see someone who has had too much sugar or fat (a person tagged), rescue them!
4. You do that by tapping them on the shoulder and saying either “Fruit” or “Vegetable.”
5. The person tagged responds by naming a fruit or vegetable.
6. When they do, give each other a high-five, and continue playing.
7. *(Switch taggers every 1-2 minutes and change what students do when they’re tagged; e.g., march in place, jump an imaginary rope, do jumping jacks, etc.)*
8. **Wrap It Up**
  - What does the A in SPARK stand for? *(Avoid excess sugars and fats.)* Today you really did try to avoid Sugar and Fat!
  - Why does your body need nutritious food? How can you avoid eating too much sugar and fat?
  - What does the S in SPARK stand for? *(Select fruits and vegetables.)* Who will name a time when you can select a fruit or vegetable?
  - Today you heard the names of a lot of different fruits and vegetables. Ask a parent to include some in your lunch every day.

## ★ Super Foods to the Rescue

(For each “Sugar and Fat Tagger” designate a “Super Food Rescuer” by providing students with a fruit or vegetable beanbag, or a plastic fruit or vegetable.) If a “Sugar or Fat Tagger” tags you, jog in place until a rescuer tosses you a fruit or vegetable. When you catch the “Super Food,” you become the Rescuer and it is your turn to free another classmate.

## ★ 5 Servings Tag

(Bring a portable white board or 2 pieces of chart paper, and 2 markers to class. Have 2 students join hands, grip wrists, or interlock elbows.) When the music starts, our 2 Taggers move to safe tag (2-fingers shoulder to waist) others. If tagged, join the pair, and the new group of 3 looks for someone else to tag. Three becomes 4, and when the group grows to 5 we stop. Those 5 people have to each name a fruit. I’ll write them on my white board. Then we’ll play again until our Taggers grow to 5, and we try to add 5 new fruits to our list. How many fruits can we list before we switch to vegetables?



## HOME

I made copies of our lists of fruits and vegetables today, and I’d like you to take it home to a parent. Our game was called *5 Servings Tag*, because 5 servings of fruits and vegetables a day are recommended for good health. Talk to a parent about the game you played in SPARK PE, and ask which fruits and vegetables they serve. Remind them the 5 in SPARK stands for “Select fruits and vegetables,” and we need their help with that!

### STANDARDS ADDRESSED

#### ● NASPE

#1, 2 Spatial awareness, locomotor skills, chasing and fleeing

● #3, 4 Participates in enjoyable, challenging activities, aerobic capacity

#5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting

**Your State** (Write in here)

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### PAULA’S POINTERS

- Change “Sugar and Fat” taggers to “Chips and Dip,” or segue to other unhealthy themes.
- After *5 Servings Tag*, post the newly created lists of fruits and vegetables in the classroom, and ask students which ones they had recently.
- Lead a discussion about what a serving is and why serving sizes are important to good health.

#### Vocabulary

Servings

#### NOTES

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