

Apples for Energy

Fitness and Nutrition Concepts

Student Goals

- **Skill:** Skipping, Jumping Jacks, Crab kicks
- **Cognitive:** Food gives us energy
- **Fitness:** Cardiovascular endurance and muscular endurance
- **Personal & Social Responsibility:** Helping others

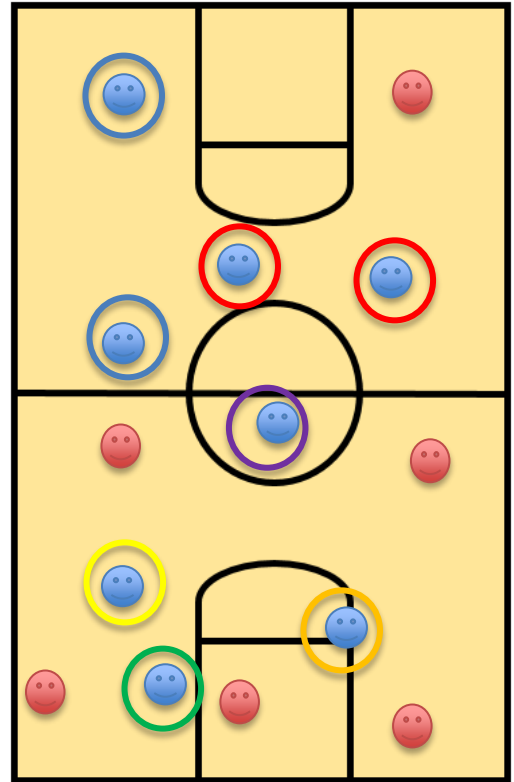
Equipment

- Hula Hoops
- Foam apples or red bean bags

Set Up

- Place hula hoops randomly throughout the movement area and place ½ the students in the hoops.
- Give apples to the other ½ of the students outside the hoops.

Procedures



Explain to the students that food provides the body with energy to move just like gasoline gives cars energy to move. We can only move for so long before the energy is used up and we need more food.

1. When the music starts, the students on the outside begin skipping around because they have energy.
2. The students in the hoops are running out of energy because their apples have been used up. They only have enough energy to do 10 jumping jacks followed by 10 crab kicks.
3. The object of the activity is to keep the whole class from running out of energy.
4. As the students in the hoops get down to their last kicks, a student with an apple should give them their apple.
5. The student with the apple leaves the hoop with renewed energy as the student that gave away his apple enters the hoop and begins losing energy.

Safety

- Stay within the boundaries
- Keep moving around the outside of the hoops

Cues

Apples for Energy

Fitness and Nutrition Concepts

Grade Level Progressions

- **Challenge Progression**
- Give out fewer apples than hoops.

Challenges

- Give out fewer apples than hoops.

Modifications

- Allow students to walk
- Allow students to stand in hoops

Academic Vocabulary

- Energy
- Calories
- Nutrition
- Health Balance

Grade Level Outcomes

- **Standard**
- S3.E6.K – Recognizes that food provides energy for physical activity.
- S3.E6.2- Recognizes the good health balance of nutrition and physical activity.

Depth of Knowledge Questions

- **DOK1:** What does the body use food for?
- **DOK 2:** What does it mean to balance nutrition and physical activity?
- **DOK 3:** What might you feel like when your body needs more food?

Focus

Focus: The focus of this lesson is to teach students that their bodies need food for energy. Energy is used to move. When all of the energy is used up the body needs more food. Energy balance means that humans need to balance the amount of food they take in with the amount of energy they output. If more food is consumed than expended, the food is stored as fat for use later. Food energy is measured in calories.