



# | activity game |

## Items Needed:

*Empty & clean soda cans, milk bottles (1%, chocolate), water bottles, fruit drinks (100% and non 100%), sports drinks, etc.*

## Hot Potato Drinks

### GRADES 3-6

Setup the playing area with cones. When the music begins, have students perform a locomotor movement around the designated “track.” As they are moving (walking, jogging, skipping, etc) to the music the students pass around the different empty drink containers until the music stops. Students must take a drink container if handed to them. They may only have one drink container in their hand at a time. When the music stops, all students freeze. Students that have the drink containers will move from the designated “track” to the middle or outside of

the track area and perform an activity. Based on the age level, you can base the total number of repetitions on the amount of sugar grams in the drink container (8 jumping jacks, 5 push-ups, etc). Students will need to be taught how to read the nutrition label and serving size.

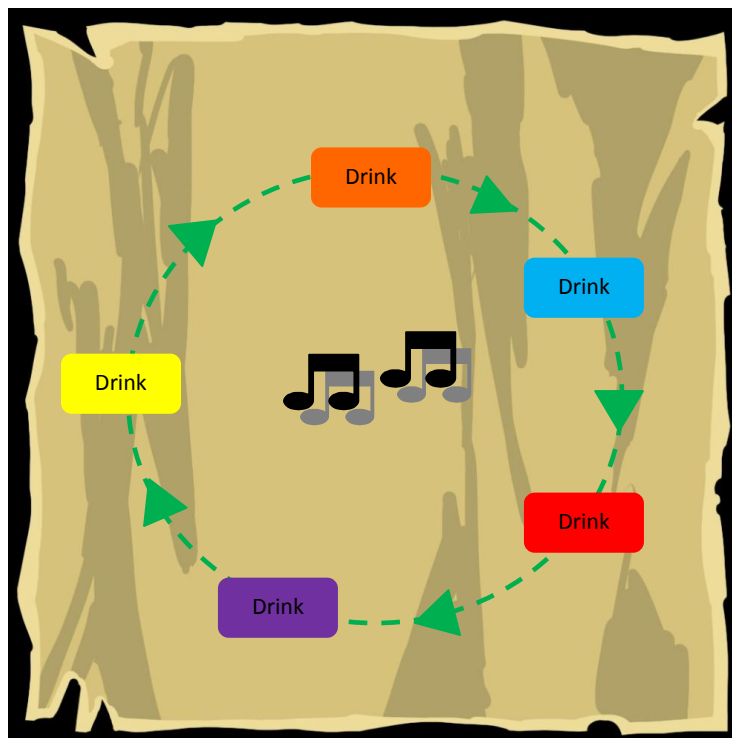
## Objective

Raise student heart rates gradually, as well as creating awareness about sugar-sweetened drinks.

## Alternatives

- Change up the locomotor skill
- Change direction (clockwise, counter clockwise)
- Instead of focusing on sugar-sweetened drinks, choose a nutritional topic such as snacks (fruits, veggies, potato chips, cookies)
- Designate 2-3 students as nutritional experts to help other students who have received the empty container read the label and multiply sugar grams by serving size (upper grades)

## Hot Potato Drinks Setup



### Promotes:

*Locomotor skills, fitness, relationships, space awareness (self and general space), direction (counter clockwise, clockwise), nutrition (sugar-sweetened drinks vs. healthier choices, hydration), math*