

# Jessica Shawley

Physical Education C.H.A.M.P.S.! Creating Healthy Active Minds for Personal Success

NASPE National Middle School Teacher of the Year

Moscow Middle School (Moscow, Idaho)



[jessica\\_shawley@yahoo.com](mailto:jessica_shawley@yahoo.com)



<http://pechamps.weebly.com>



@JessicaShawley



jshawl742

## MyPlate Mania: Action Packed Nutrition & Literacy

Today's effective physical education programs blend purposeful content and activity efficiently. This activity session provides a framework for large group fitness or skill-based activities that incorporate student choice, literacy strategies and nutrition concepts.

### Activity #1: My Plate Mania (or Food Bucks Fun)

#### Focus/Concepts:

**Fitness:** Health & Skill Related fitness to improve overall health.  
**Nutrition:** What is a balanced plate? What barriers to healthy eating do we encounter? How to overcome?  
**How it works:** Teams complete physical activities to build a balanced plate & reflect on nutrition.

#### Standards:

S1: motor skills & movement patterns (M24)  
S3: knowledge/skills for health & fitness (M1, M7, M13, M17)  
S4: responsible personal and social behavior (M1, M3, M4, M5, M7)  
S5: Values physical activity (M1, M2, M5, M6)

#### Objectives: Students will be able

**Motor:** to perform health- or skill-related fitness activities to promote physical fitness.  
**Cognitive:** to analyze nutrition concepts and personal habits.  
**Affective:** to work cooperatively to achieve team success.

#### Equipment:

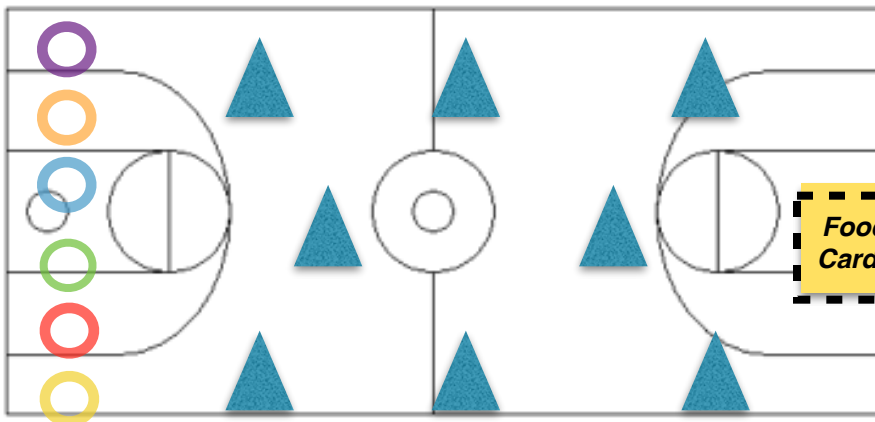
- 6 - 10 cones
- 1 hula hoop per team
- 1 MyPlate mat per team
- Fitness exercise spinner, spots, signs or task cards
- Fitness equipment to complete exercise choices
- Food group cards
- "Food Bucks" or tickets
- Wristbands or jerseys for cashier

#### Set-up:

- Spread cones throughout area as fitness stations.
- Place 3 exercise choices at cones.
- Set hula hoops at end with a MyPlate mat inside.
- Set Food Bank bucket at other end of area.
- Students work in teams of 3 - 6 and are assigned a hoop home base.
- Banker can be teacher or student(s).

#### Resources:

- Gopher Nutrition Cards
- Dairy Council Food Cards
- Skillastics Nutrition Cards
- MyPlate mats
- [choosemyplate.org](http://choosemyplate.org)
- MyPlate Healthy Helpings Game
- Exercise Stations:
  - Fit-N-Spin by Gopher
  - Fit Deck Cards
  - Fitness Spots
  - Any station signs



#### Team Play:

- 1 cashier per team in charge of bucks & going to food bank.
- All players earn bucks. Go to any cone & choose an exercise. Complete 10 reps to earn a food buck from banker.
- Repeat process. Go to new cone. Choose different exercise.
- Cashier cashes in 10 tickets to go to food bank for one piece of food for hoop.

### **Sequences:**

Round 1: Collect as much food as you can. Debrief: Is it a balanced plate?

Round 2: Get one piece of food for each food group. Debrief: Is it a balanced plate?

Round 3: Create an actual meal. Debrief: Is it a balanced meal?

Others: Go by nutrition labels on food group cards.

Power of the debrief at end: Self reflect & analyze the food choices. Which could they eat more of?

What is a new food they have not heard of? What are some strategies to eat healthier?

**Extensions:** Have a specific exercise focus for each cones (strength, agility, muscular endurance, cardio) or have an overall theme to ALL the cones for a specific type of workout. Vary the repetitions and intensity teaching FITT principle.  
\*Set Pedometer activity time, MVPA goals. Take heart rate to analyze pulse at select times.

### **Nutrition & Health Literacy Extensions:**

*\*Same set up as above. Use the Skillastics Nutrition cards. Place a pile of these cards at each cone.*

*A simple way to integrate reading, cooperation, and nutrition information!*

**Cooperative Quiz-off:** Students work in pairs (from team) to quiz each other. Each take one Nutrition Quiz card and quiz each other. They can read and show the card (as some people are more visual than auditory). They answer each other's cards. They keep the correctly answered cards to earn their food cards and put incorrectly answered ones at the bottom of the pile. They complete an exercise at each cone, taking turns as to who gets to choose the exercise. *(Depending upon how many nutrition quiz cards you use, you could have students put the cards at the bottom of the pile no matter if they answer correctly or incorrectly. OR, if they answer correctly they bring the card to you to cash in for a piece of food).*

**Nutrition Quiz Card Relay:** Ideal with smaller teams (approx. 3). Teams are across from each other (either baseline or sideline) and run to the middle to quiz each other on the cards. Same principles apply for correct/incorrect answers. You can lay the cards next to a fit spot with exercise choice so they know what to do. Add locomotor movements or scooters as a way to move to the challenge area.

**Skill Development:** Shoot a basket and go to the middle to do a nutrition card. Have a team rotation within the skill building time. Especially helpful with larger classes so all kids are busy all the time!

### **Using the same foundation of the MyPlate Mania Above, Add READING...with Nutrition Tips.**

**Health Literacy Activity Resource: MyPlate 10 Tips Series:** FREE resources from [www.choosemyplate.org](http://www.choosemyplate.org) The MyPlate 10 Tips Nutrition Education Series offers more than thirty (30) one page, reader friendly handouts on a variety of nutrition topics, ranging from "Add More Vegetables to Your Day", to "MyPlate Snack Tips", to "Build a Healthy Meal", to "Be an Active Family" and more. With over 30 choices, you can easily have a theme for each week of the year and have great nutrition talking points that can be integrated throughout activities and sent home or put in newsletters to communicate with families. Here's an example of how I have integrated the '10 Tips' handouts into activity. It is adapted from a game learned at a NASPE workshop (the Bone Bucks game) and is now adapted into...

### **MyPlate in Motion LITERACY Connections:**

- Choose your ticket option (see below). Set up same as above. Students earn tickets vs. food cards.
- Once a team collects 5-10 bucks (based upon time and age level) give to cashier to cash in for a '10 tip' ticket out of team envelope (in opposite end of gym). Take ticket back to hula hoop on MyPlate mat.

### Literacy Ticket Options:

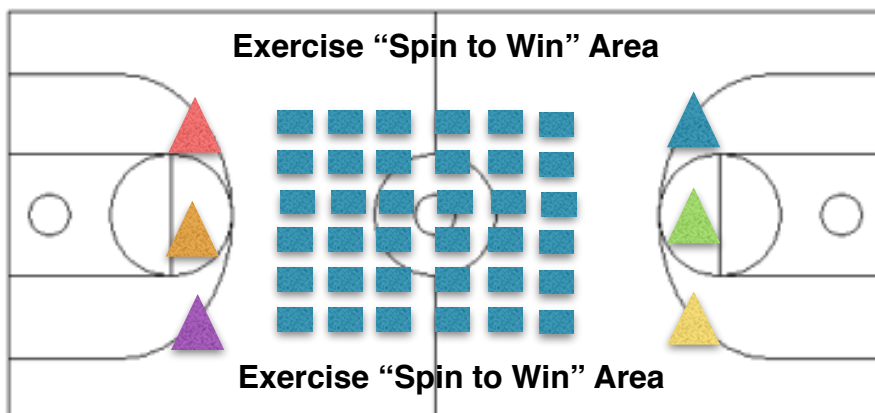
**Option #1:** Take the 5 Food Group “10 tip” documents and cut out each of the 10 tips so they are now little “tickets” and bag them up according to food group. Make enough baggies/envelopes so you have enough for each team during game play or skill development activity. During any given activity a team could cooperate to achieve earning the 10 tickets (tips) from their baggie/envelope. They complete 10 tasks, stations, etc. and get one tip each time. Eventually they earn all 10 tips and can then read their tips amongst their team and share their top two tips during class closure.

**Option #2:** Take the 5 Food Group “10 tip” documents, make several copies and cut out each of the 10 tips so they are now little “tickets” and mix them up and place in one or two buckets in your designated locations. When students complete said activities and can earn a ticket, they reach in and grab any ticket and bring it back to their team hula hoop (their MyPlate). The student must then read the ticket and decide which food group it goes with.

**Option #3:** Take any of the 10 Tips...Example: “Create a healthy plate”. Each tip on this document is about how to build a healthy plate. Now cut out each of the 10 tips so they are now little “tickets” and bag them up and label envelope/bag according and put a number. Make 10 sets, one for each team (I like using teams of 3 students). The team earns the 10 tickets through activity and then must decide what is the theme of these tickets, what is it speaking to...and have a discussion as a team. Students can take turns reading the tickets. All teams could have the same 10 tips document they are piecing together or different ones. Teams then share and debrief as a class.

## Activity #2: MyPlate MatchMaker!

<p><b>Focus/Concepts:</b>  <u>Fitness:</u> Health &amp; Skill Related fitness to improve overall health.  <u>Nutrition:</u> What are proteins, carbohydrates, and fats? Why are they important? Calories in a gram?  <b>How it works:</b> Teams make as many food group matches as possible &amp; reflect on nutrition.</p>	<p><b>Standards:</b>          S1: motor skills &amp; movement patterns (M24)          S3: knowledge/skills for health &amp; fitness (M1, M7, M13, M17)          S4: responsible personal and social behavior (M1, M3, M4, M5, M7)          S5: Values physical activity (M1, M2, M5, M6)</p>	<p><b>Objectives: Students will be able</b>  <b>Motor:</b> to perform health- or skill-related fitness activities to promote physical fitness.  <b>Cognitive:</b> to analyze nutrition concepts and personal habits.  <b>Affective:</b> to work cooperatively to achieve team success.</p>
<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• 1 cone per team</li> <li>• 1 MyPlate mat per team</li> <li>• <b>Gopher Nutrition Cards</b></li> <li>• <b>Fit-N-Spin (by Gopher)</b></li> <li>• Fitness exercise spinner, spots, signs or task cards &amp; equipment.</li> <li>• Optional cards: Dairy Council and Skillastics.</li> </ul>	<p><b>Set-up:</b></p> <ul style="list-style-type: none"> <li>• Spread Nutrition Cards in a grid throughout area.</li> <li>• Students work in teams of 3 - 4 and are assigned a cone home.</li> <li>• Teams have a MyPlate mat.</li> <li>• Set up "spin to win" exercise choice area.</li> </ul>	<p><b>Team Play:</b></p> <ul style="list-style-type: none"> <li>• Teams at cone. One player at a time goes to choose two cards.</li> <li>• If they do not match they put back facedown.</li> <li>• <b>MISS</b> = Team does 4 Jumping Jacks as a team before next player goes.</li> <li>• If they player makes a match they take them back to team and place on MyPlate.</li> <li>• <b>MATCH</b> = Go ‘spin to see which exercise your team win’ &amp; do 9 reps as team before next person goes.</li> <li>• Repeat until time or all chosen.</li> <li>• <b>DEBRIEF:</b> 4 calories in 1 gram of Protein/Carb. 9 calories in 1 gram of Fat. (the reps today)</li> <li>• Ask other Nutrition questions</li> </ul> <p><i>*Emphasize students jog in place to get more activity time on pedometer while waiting turn.</i></p>



## Activity #3: FitDeck Food Banking

### **Focus/Concepts:**

**Fitness:** Health & Skill Related  
Fitness to improve overall health.  
**Nutrition:** What is a balanced plate?  
What barriers to healthy eating do we encounter? How to overcome?  
**How it works:** Teams complete physical activities to build a balanced plate & reflect on nutrition.

### **Standards:**

S1: motor skills & movement patterns (M24)  
S3: knowledge/skills for health & fitness (M1, M7, M13, M17)  
S4: responsible personal and social behavior (M1, M3, M4, M5, M7)  
S5: Values physical activity (M1, M2, M5, M6)

### **Objectives: Students will be able**

**Motor:** to perform health- or skill-related fitness activities to promote physical fitness.  
**Cognitive:** to analyze nutrition concepts and personal habits.  
**Affective:** to work cooperatively to achieve team success.

### **Equipment:**

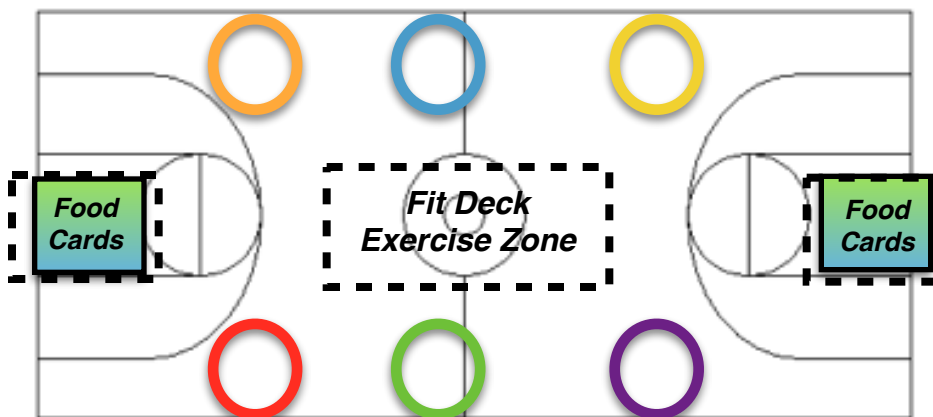
- 6 - 10 cones
- 1 hula hoop per team
- 1 MyPlate mat per team
- Fitness exercise signs or task cards (Fit Deck, etc.)
- Fitness equipment as needed to complete exercise choices
- Food group cards

### **Set-up:**

- Spread cones throughout area as fitness stations.
- Place 3 exercise choices at each cone.
- Set hula hoops at end with a MyPlate mat inside.
- Set Food Bank bucket at other end of area.
- Students work in teams of 3 - 6 and are assigned a hoop home base.
- Banker can be teacher or student(s).

### **Resources:**

- Gopher Nutrition Cards
- Dairy Council Food Cards
- Skillastics Nutrition Cards
- MyPlate mats. [choosemyplate.org](http://choosemyplate.org)



### **Team Play:**

- 1 cashier per team in charge of bucks & going to food bank.
- All players earn bucks. Go to any cone & choose an exercise. Complete 10 reps to earn a food buck from banker.
- Repeat process. Go to new cone. Choose different exercise.
- Cashier cashes in 10 tickets to go to food bank for one piece of food for hoop.

### **To play:**

\*Allow 1-2 people max from each team in the Fit Deck Zone at any one time so it doesn't get too crowded. If you allow one at a time, then the remaining students at the hula hoop can be jump roping (work on various jump skill challenges).

\*Students go to fitness zone and pick up a FitDeck card, they complete 10 repetitions of the card. They take the card to the food bank area and exchange it for one food group card and then take that food card to their hula hoop. Process repeats. Teams build plates of different variations (most balanced, build a breakfast/lunch/dinner, etc.), get one food from each area, etc.

\*Replenish the FitDeck cards as they run low by returning them from the Food Banking Zone.

### **Variations:**

\*If a team has TOO much of one food group they can reverse the process: Return a food card to the food banking zone, then pick up one fit deck card and take it back to the center where they must complete 10 repetitions in order to complete the process of returning a card.

## Activity #4: Nutrition B-I-N-G-O!

### **Focus/Concepts:**

Fitness: Health & Skill Related  
Fitness to improve overall health.  
Nutrition: What is a balanced plate?

**How it works:** Teams complete physical activities to build a balanced plate & reflect on nutrition.

### **Standards:**

S1: motor skills & movement patterns (M24)  
S3: knowledge/skills for health & fitness (M1, M7, M13, M17)  
S4: responsible personal and social behavior (M1, M3, M4, M5, M7)  
S5: Values physical activity (M1, M2, M5, M6)

### **Objectives: Students will be able**

**Motor:** to perform health- or skill-related fitness activities to promote physical fitness.  
**Cognitive:** to analyze nutrition concepts and personal habits.  
**Affective:** to work cooperatively to achieve team success.

### **Equipment:**

- *Bingo Cards*
- Pencils or Plastic Sheet Protectors & wet-erase markers (if re-using)
- Nutrition Food Group *Spinners*
- Exercise Stations Set Up: Cones, Exercise Cards, Exercise equipment (see sample diagram).
- “Home Base” for each group: (Hula hoops or cones).

### **Set-up:**

- Set up fitness station cones.
- Place 3 exercise choices at each.
- Set hula hoops at end with a MyPlate mat inside.

### **Play:**

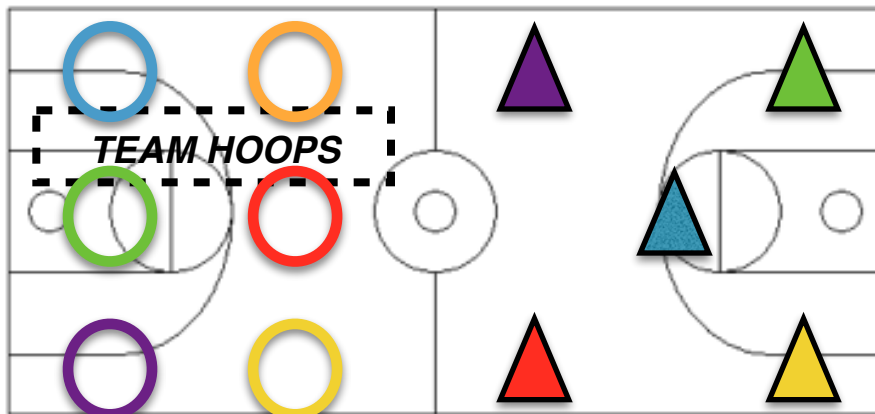
- Students work in teams or pairs.
- Spin to land on food group.
- Choose square to cross off.
- Travel\* to food group station and complete exercise (*can use various movements for travel*).
- Return to card & repeat process.

### **Resources:**

- Gopher Nutrition Cards
- Dairy Council Food Cards
- Skillastics Nutrition Cards
- MyPlate mats
- [choosemyplate.org](http://choosemyplate.org)
- MyPlate Healthy Helpings
- Food group spinners.

BINGO Card Generator: <http://osric.com/bingo-card-generator/>

**Assessment:** Students fill in exercise and muscle names to check for understanding.



### **Food Group Color Cones as**

#### **Fitness Stations:**

- Grains: Cardiovascular
- Vegetables: Core
- Dairy: Upper Body
- Fruit Flexibility
- Protein: Lower Body

**BINGO Play Example:** Spinner lands on Grain. Choose a specific grain square. Go to Grains Cone (Orange). Choose exercise and complete. Return to Home Base and repeat process. Play to a Bingo.

### **Extensions: Higher Level Thinking – Writing – Connect with Concepts**

- Students write in name of the exercise and/or the repetitions completed.
- Students write in the muscle(s) used for exercise.
- Students write in name of a food that fits food group.

### **Health Literacy:**

- Instead of rolling or spinning a choice, students pick up a nutrition clue card.
- Correct answer: Choose box to cross off and go complete corresponding exercises

### **Cooperative vs. Competitive Options:**

- Students work with partner/team to complete Bingo.
- Student/pairs/teams compete against a neighboring team to complete Bingo.
- Competing teams can quiz each other with a clue card first to earn a spot.



# Integrating Health & Nutrition Technology?

Try these **FREE** websites/apps to highlight nutrition technology & encourage student access. Always preview **BEFORE** using. Show during warmups, as part of lesson or tech theme week.



**Lose it! App:** Log food & exercise. Set goals. Participate in community.



**My Fitness Pal App:** Same as above.



[www.choosemyplate.org](http://www.choosemyplate.org)  
Important website with lots of resources, info, games (for teacher, kids, parents). Free MyPlate mat print outs, etc.



**Eat This Not That App:** Simple game showing comparing fast food restaurant choices.



**Fuel Up to Play 60 Student Dashboard** has nutrition games, info, food log, activity log, and more. Get your school involved & get students signed up! Up to \$4,000 per year in grant funding also available. Fun and easy to do!



**Smash Your Food!**  
Smash Your Food is a super fun game where you literally smash food in real-time to see its sugar, salt & oil content.



FREE resource for using Clickers in classroom. Paper based. Easy! Great for formative assessments, check for understanding, etc.



**Eat & Move-O-Matic App:** With this app, you'll learn about the foods you eat and how they help fuel your body for your favorite activities.



**The AFIT Apps** were created to help students track their personal nutrition and physical activity while also giving a teacher a view of how the students are doing outside of the classroom, using mobile learning.