Katie Crow

Matthew Crow

Assignment #13-A: Lesson Development

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| **Date:** 3rd Week in May | **Grade:** K-2 | **Unit:** Nutrition | **Lesson:** Sugars |
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| Activity/Content | ***Est. Time*** | ***Lesson Objectives*** | ***Instruction/Instructional Format*** |
| Warm Up:Healthy Sugars and Unhealthy Sugars | 10 minutes | *Students will be able to:** Distinguish between a healthy sugar and unhealthy sugar by looking at the ingredients on the nutrition label and create a balance when they pick up a healthy sugar card and perform an exercise when they pick up an unhealthy sugar
 | * Poly spots with cards underneath them
* When the music is on, travel around the gymnasium
* When the music turns off find a poly spot
* Look at the card underneath to determine if it’s a healthy sugar or unhealthy sugar
* Healthy sugar – create a balance (since this would be apart of a balanced diet)
* Unhealthy sugar – perform a called out exercise (need to burn off the extra calories that come from processed sugars)
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| Class Discussion:What are healthy sugars? | 5 minutes | *Students will be able to:** Make eye contact with speaker
* Explain the difference between a health vs. unhealthy sugar
 | * Teacher asks which food cards they created a balance for and which they performed an exercise for and why?
* Want to have food items in their natural form and not added sugars to them
* Show visual poster of healthy sugars versus unhealthy sugars with ingredient list
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| **Activity:**Sugar Tag | 10 minutes | *Students will be able to:** Move their body away from the foam balls (unhealthy sugar) and try to keep their healthy sugar card
 | * Half the class are taggers (unhealthy sugars) with a foam ball
* Foam balls will represents the unhealthy sugar that students want to move away from
* Half of the class will have a healthy sugar card and a scarf/jersey (identification)
* Students who are the taggers will keep their foam ball on the ground and strike it with an open hand towards the healthy sugars
* Students with the healthy sugars are trying to keep their healthy sugar in their diet and try to move away from the taggers
* If their feet get tagged by an unhealthy sugar tagger, then they switch jobs and equipment
* Goal is to try to keep the healthy sugars for as long as possible
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| **Closure: Review** | 5 minutes | *Students will be able to:** Are there any unhealthy sugars in your diet that you can replace with a healthier sugar choice?
 | Students will have a whole class discussion (Matt – red spots) (Katie – green lines) |

***Equipment Needed:***

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| Warm Up | Pictures of Healthy Sugars and Unhealthy Sugars* Healthy Sugar Pictures
	+ Fruits, honey, maple syrup, molasses, 100% juice, etc.
* Unhealthy Sugar Pictures
	+ Soda, 10% juice, candy bar, cereals, etc.
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| Class Discussion | Poster visual of healthy sugar comparisons |
| Sugar Tag | * Pictures of Healthy Sugars and Unhealthy Sugars from warm up
* Foam balls
* Scarf/jerseys
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***PE National Standards:***

Balance S1.E7

Jumping & Landing, vertical S1.E4