Unit: Invasion Games Lesson: Steal the Healthy Drink Grade: 3 -5

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| What are we learning? | Why are we learning this? | How can I be successful? |
| * Steal the Healthy Drink
* Nutrition Labels on Beverages
* About added sugars to our drinks
 | * To practice and improve offensive and defensive tactics
* To practice moving safely in general space
* To practice tagging safely with two fingers on the back
* To learn about added sugars to our beverages and how to identify them on a nutrition label
* To understand how sugar affects our mood
 | * Practice safety while playing
* Follow the rules and expectations of the game
* Identify healthy and unhealthy beverages
* Tell Mr. Betz where to find added sugar on the nutrition label
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| Directions | Assessment | SHAPE Standards |
| * Set Up according to the diagram
* Divide the class into two team and have each team put on a jersey
* On the music, players from each team attempt to invade the other teams endzone safely without getting tagged
* If successful, players search for a drink that has low to zero added sugar and attempts to bring it back to their teams endzone
* Players may also take drinks high in added sugar from their own endzone at deliver it to the other teams endzone
* If a player is tagged with a card, they kneel down with their hand up and wait for a high-five from their teammate and resume playing
* If tagged with a card, the tagger inspects the card. If it is a healthy drink the tagger may capture that card for their team. If unhealthy they can leave it with the tagged player.
* At the end of the game, we will add up the total added sugars. The team with the least amount wins!
 | Pre-Assessment* Show the students a variety of Think Your Drink cards and have them guess if the drink is high or low in added sugars
* Have some students share how they feel when they eat too much sugar.

Post-Assessment* Show the cards again and have them identify drinks that are high and low in added sugar
* Using the thumb system have students identify how successful they were with: identifying healthy drinks, playing safely, and following the rules to the game.
 | Movement Concepts: S2.E5Nutrition: S3.E6Personal Responsibility: S4.E1, S4.E2Rules & Etiquette: S4.E5Safety: S4.E6 |