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.E5  Nutrition: S3.E6  Personal Responsibility: S4.E1, S4.E2  Rules & Etiquette: S4.E5  Safety: S4.E6 |