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) |
| 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 |
| **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 |
| **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. |
| Class Discussion | Poster visual of healthy sugar comparisons |
| Sugar Tag | * Pictures of Healthy Sugars and Unhealthy Sugars from warm up * Foam balls * Scarf/jerseys |

***PE National Standards:***

Balance S1.E7

Jumping & Landing, vertical S1.E4