

Name/Title: Thanksgiving Healthy Food and Locomotor Movements

Purpose of Event: To reinforce healthy eating concepts and practice locomotor and teamwork skills. Students will review the 5 food groups and use different locomotor skills to work with their team to prepare a "balanced" Thanksgiving meal.

Prerequisites:

- *Knowledge of the 5 food groups (<https://www.choosemyplate.gov/>)
- *Knowledge of basic locomotor skills (skipping, sliding, galloping, jogging/running, leaping, etc)

Suggested Grade Level: K-2

Materials Needed:

- *[Thanksgiving Food Cards](#)" (with colored borders that correspond to the colored food groups on the MyPlate poster.)
- *"Placemat" (see below for picture) for students to prepare their meal by placing their food cards on the different sections.
- *Several cones to mark each group's starting point, spread out along one end of the gym
- *Hula hoops in 6 colors, matching the 6 different food groups, on the ground on the opposite side of the gym. Spread the Thanksgiving Food Cards in each corresponding color hoop
- *Locomotor skills posters/signs

Description of Idea

Remind students we've been talking about eating healthy foods. Ask them, "what are the [5 food groups](#) (link opens new window and takes you to Choose My Plate website) we should be eating foods from every day?" Remind them that with Thanksgiving coming up, it's a great opportunity for them to try to eat some healthy foods (along with some delicious "sometimes" foods). Ask several students to name a favorite Thanksgiving food and then figure out as a group what food group it belongs to.

Explain activity

Thanksgiving Dinner Party

--Teams will work together to create a "well-balanced" meal for Thanksgiving. Their meal needs at least one thing in each category to be "well-balanced", and it can even have 2 vegetables since that's the biggest food group we should be eating.

--Students will be broken up into teams of 4-6 kids. To make a meal, students take turns performing a locomotor move (indicated by my directions and the cone with a Locomotor Skills poster in the middle) one at a time from one side of the gym to the other. Once there, they pick a food (Thanksgiving food cards) from the hoop and bring it back to their team's "placemat".

Students then send a new member to get another kind of food.

--When a team has a complete meal, they must sit down in a circle around the plate, hold hands in the air, and say "Thank You!"

Reminders:

---Take one food at a time.

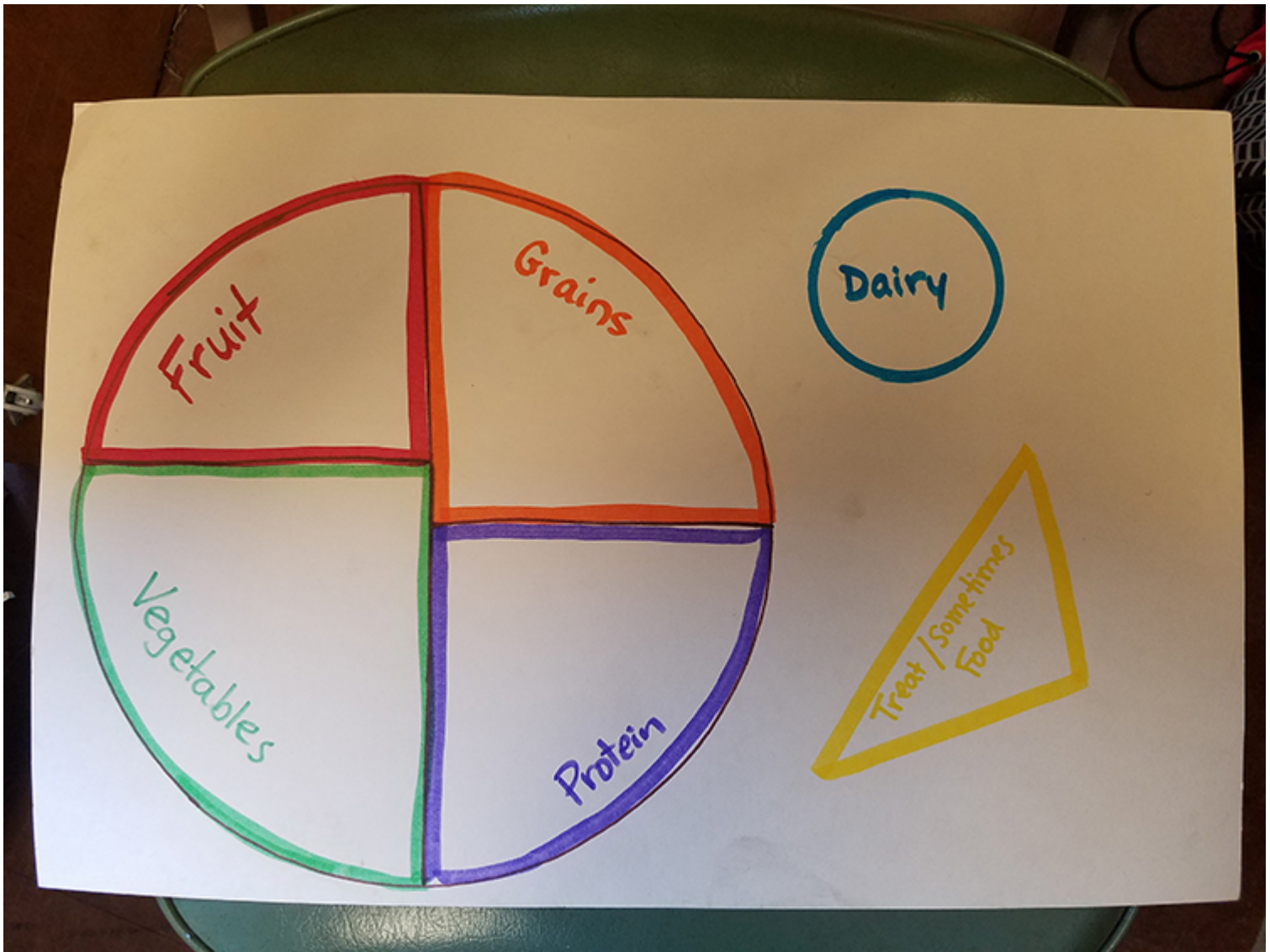
---You only need one from each category to build your well-balanced meal.

---Sit quietly with your team while the other teams finish.

---Share out- once all students have a meal, I'll ask them to talk with their teams about what the foods on their plate are and which ones are their favorites.

--If time, play again, challenging students to get different foods from each category to complete their meal.

Placemat Example:



Assessment Ideas:

Observe:

- Are students putting the foods in the correct category?
- Are students performing the correct locomotor movement when instructed?

Adaptations for Students with Disabilities:

- Use the colors to support understanding - tell them to get a food from the blue hoop, for example, rather than telling them to get a dairy.
- Have students work with a typically-developed peer to help them do the movement and choose the food.
- Allow students with disabilities to move however they choose across the gym floor.

Submitted by **Robin Largesse** who teaches at North Grafton Elementary School in North Grafton, MA. Thanks for contributing to PE Central! **Posted on PEC: 5/27/2018.**

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