**Name/Title:** Body Composition Tag

**Purpose of Event:** To reinforce the concept of body composition and the importance of having a healthy body composition.

**Prerequisites:** Knowledge about body composition: body composition is the amount of fat cells compared with lean cells in the body mass; lean body mass is the nonfat tissue of muscles, bones, ligaments and tendons; it's important to have a certain amount of body fat: not too much and not too little; to have good body composition one needs to be physically active, have proper nutrition, and rest.

**Suggested Grade Level:** 4-5

**Materials Needed:** 2 cones to post signs, two marked off areas for safe zones, scarves or some type of identification for fat cells to hand off once tagged by someone else.

**Description of Idea**

Have 2-3 fat cells that are the taggers (they hold the scarves to identify they are "it"). Everyone else is lean body tissue.

There are two areas located in the gym that are safe zones. They are identified as nutrition and rest. The lean body tissues can use these safe zones to prevent getting tagged. There can only be 2 people per safe zone and they can stay for 15 seconds or less. The students who enter the nutrition zone have to name a nutritional food (to the teacher) to be able to stay in for the full 15 seconds. If they do not name a nutritional food, they must leave the safe zone immediately. The objective is for the fat cells to tag lean body tissue. If a fat cell tags a lean body tissue then the lean body tissue becomes a fat cell and the fat cell becomes lean body tissue. When the fat cells tag a lean body tissue, they give the new fat cell their scarf.

Remember, good body composition contains three traits: physically active, nutritional food and right amount of rest.

**Variations:**

Increase / decrease the number of fat cells, depending on the class size

Increase / decrease the amount of time allowed in the safe zone. Try to keep the entire class active and moving!

Submitted by Rhonda Gottschalk in Athens, WV. Thanks for contributing to PE Central! **Posted on PEC:** 5/12/2006.

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