Name/Title: **My Pyramid Tag**

Purpose of Event: To learn the new My Pyramid five healthy food groups and their benefits.

Prerequisites: Students should be familiar with the five healthy food groups and the colors that represent each food group in the new My Pyramid. Students should also know how to move safely through general space.

Suggested Grade Level: K-2

Materials Needed: colored pinnies; a My Pyramid poster; a card for each tagger showing a picture of a specific food group, along with the benefit and activity

Description of Idea

Warm up students by practicing all of the locomotor movements. Ask students if they can tell you what the five healthy food groups are in the new pyramid. Explain to them the health benefits of each food group. Taggers will be wearing pinnies and carrying a two-sided card. One side of the card shows a picture that represents a food group and the opposite side of the card has a picture of the benefit, along with the assigned activity. When the student is tagged, (s)he must stop and perform the activity shown on the card of the tagger and then return to the game.

* The orange tagger represents the grain group and the tagged student must stop and jog in place for 5 seconds. This shows that grains provide energy.

* The green tagger represents vegetables and the tagged student must stop and make binoculars with her/his hands for 5 seconds. This shows that vegetables helps one to see in the dark.

* The red tagger represents the fruit group and the tagged student must stop and show her/his arms and hands for 5 seconds. This shows that fruits help heal wounds and bruises.

* The blue tagger represents the milk group and the tagged student must stop and show her/his muscles with a big smile for 5 seconds. This shows that milk helps build strong bones and teeth.

* The purple tagger represents meat and beans and the tagged student must stop and show her/his biceps for five seconds. This shows that meat and beans help maintain strong muscles.

Stop the game every 30 to 60 seconds and have students who are taggers give their pinnie to another student. Change the locomotor skill each time you change taggers.

Variations:

If you do not have colored pinnies, use colored arm bands, balls, cards or yarn balls.

Assessment Ideas:

Observe and see if students are showing the correct benefit of the five healthy food groups when tagged.

Adaptations for Students with Disabilities:

Allow students who are not mobile to stay in a designated spot. If the student with the disability is serving as a tagger, the other students move around him/her while trying not to get tagged. When the student with the disability is not serving as a tagger, (s)he should only be tagged one time by each of the five taggers.

Submitted by **Camilo Gonzalez** who teaches at Fairway Elementary school in Wildwood, MO. Thanks for contributing to PE Central! **Posted on PEC: 8/10/2008**.

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