



# ENERGY BLAST

## HEALTHY EATING'S A WALK IN THE PARK

### Specific Outcomes Met:



### Equipment

None required

### Suggested Location

Gym or outdoors

### Warm-Up: Super Bike

Students pretend to bike like Brock and Coco around the room. Then tell a made-up story about Brock and Coco having an adventure in the park while the students act out activities as you say them in the story – exaggerated like a superhero would do them (e.g. climb the tree, jump into/ swim in the pond, etc.).

### Activity: What's the Signal?

Divide the students into groups representing the four food groups. Have all the students walk briskly around the activity area in a variety of ways until you call out the name of a food group.

On the “Grain Products” signal, have the students who are “Grain Products” jog around the outside of the activity area while the rest of the students perform jumping jacks in the middle of the activity area.

On the “Vegetables and Fruit” signal, the students who are “Vegetables and Fruit” jog around the outside of the activity area while the rest of the students perform star jumps in the middle.

On the “Meat and Alternatives” signal, the students who are “Meat and Alternatives” jog around the outside of the area while the rest of the students perform heel touches in the middle.

Finally, on the “Milk and Alternatives” signal, the “milk” students jog around the outside of the area while the rest of the students skip in the middle.

### Cool Down: Four Seasons

Have students walk slowly around the room and then move in the following ways when you name the seasons:

- Spring: jump over “puddles”
- Summer: pretend to run through waves and go for a swim
- Fall: leap from one pretend haystack to another or jump into a pile of leaves
- Winter: take exaggerated steps through deep snow

### Adaptation

A student using a wheelchair will be able to participate in the activity by wheeling around the room and using his or her arms for some of the movements. A student with a visual, auditory or intellectual disability can play with a partner.

(Adapted from Ontario Ministry of Education's Daily Physical Activity in Schools, Grades 1–3, Resource Guide, 2005.)