



## Activity Plan

**TITLE:** Pyramid Power

**CURRICULAR AREA(S):** Nutrition/Health

**KEY SKILLS(S) and CONCEPTS:** Teamwork, agility, speed, nutrition education

**SUGGESTED GRADE LEVEL(S):** 4-8

**OBJECTIVES(S):** Students will be able to:

- Develop healthy meals based on MyPyramid®.
- Students will improve cardiovascular fitness.
- Students will demonstrate teamwork while working to improve cardiovascular fitness.

**SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):**

- 1 - Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**MATERIALS NEEDED:** Food cards or food pictures, hula hoops (food plates)

### DESCRIPTION:

Food cards are placed face down in the center of the gym. Students are broken down into groups of two, three or four; each group is given a "plate". Students run to the center, pick up a food card, and run it back to their plate. If it is a food that they need on their plate for that meal they can keep it. If that food group is already represented or not needed it must be returned to the center. Students continue taking turns running back and forth until a balanced meal is achieved. Once achieved, all members sit and raise their hand for a "meal check". After the plate is checked, a point is awarded and the group begins again. Emphasis is placed on sprinting to the center and sprinting back.

### TEACHING SUGGESTIONS/TIPS:

- Keep groups small (2-3) is ideal for maximal participation.
- Encourage students to move about safely and remain on their feet.
- Encourage teamwork and cooperation.

### VARIATIONS AND/OR SUGGESTIONS:

- Foods can be placed in the correct groups instead of on plates (depending on prior student knowledge). For this activity students run to the food group sign, perform an exercise and then return the card to the center.
- Colored bean bags can be used to represent the food groups. Students collect the recommended daily servings from each group. After all bean bags are gone from the center they may steal from the other plates.

### REFERENCES:

[www.mypyramid.gov](http://www.mypyramid.gov)

[http://www.mypyramid.gov/kids/kids\\_game.html](http://www.mypyramid.gov/kids/kids_game.html)