

PE Activity: Steal the Breakfast

Supplies Needed for a Class of 25:

- 20 bean bags
- Pinnies (for half the class)
- 4 Hula hoops

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 3rd – 5th

Lesson:

Raise your hand and tell me why it is important to eat breakfast.
(Breakfast gives you energy and helps you think clearly)

Raise your hand if you can think of some healthy breakfast choices. *(Oatmeal, eggs, toast and peanut butter, yogurt and cereal, deli meat and cheese, and other Go Foods)*

Today, we are going to play capture the flag, but instead of capturing the flag, we are going to try to take the other team's breakfast! This morning, we were running late and didn't have time to eat, and now we are hungry!

Raise your hand if you can think of what may happen if you don't eat breakfast?
(You might have a hard time concentrating, you might get a headache, your stomach might growl, or you might feel low on energy.)

Set-up:

- Place two hula hoops on one side of the field and two on the opposite side of the field.
- Place five beanbags inside each hoop.
- Give each team 10 bean bags.
- Set boundaries and rules regarding how far students have to stand from their hoop.

Rules:

- Divide group into two teams. The goal is to try to capture as many of the other team's breakfast /beanbags as possible and bring them to their team's hula hoops.
- Students can only carry one beanbag at a time.
- If someone is tagged while in the other team's territory, they must go to jail. While in jail, they must run in place. They are released from jail if one of your teammates tags your hand.
- At the end of 10 minutes, whichever team has more beanbags on their side wins.

Variations:

- Scatter several hula hoops across the baseline of the gym.
- Devise rules for rescuing players from jail.