

PE Activity: Going the Distance

Supplies Needed for a Class of 25:

- Stopwatch
- 50 Bean bags
- 5 Batons
- Equipment to set up 5 obstacle courses

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to perform race once

Audience (grades): 4th

Lesson:

This month we talked about the importance of eating locally grown food. Raise your hand if you can tell me why it's important to eat locally grown food? (*Better for the environment because less time is spent transporting it, food is fresher and thus higher in nutrients because it gets to us faster, it's easier to learn how the food is grown and what if any pesticides were used.*)

Not all the food we buy at our local grocery store is grown locally. Many foods come from different parts of the United States or countries.

Today we are going to do an obstacle course race called Going the Distance. The length of the obstacle course simulates the distance food must travel. The obstacles simulate the geography of the land, hills, and bodies of water. The bean bags are the resources for growing crops like water and soil, and the batons are the climate which can be helpful or not.

(Demonstrate how to work through the obstacle course.)

You have seven minutes. Ready, set, go!

Set-up:

- Set up one obstacle course per team.
- Divide the class into five teams. Give each team one baton and 10 bean bags.

Rules:

- The goal is to get the most bean bags to the other end of the obstacle course before time is up.
- Each student must run the obstacle course balancing a bean bag on a baton and carry it to the collection bin.
- The student drops the bean bag into the collection bin, races back, and gives the baton to their teammate.
- The empty hand may not be used to hold the bean bag on the baton, or to pick up the bean bag if it falls.