

Sports Hall Game 4 : Calorie Food Hit

Students can explain why empty calories should be consumed in moderation.



Explanation:

We should only eat or drink foods that contain a lot of sugar, such as sweets and fizzy drinks, in a very small amount because they contain empty calories. Empty calories are a term that describes those foods that give us a lot of energy but this might come from sugar and saturated fat, which the body only needs in small amounts. If too much sugar is consumed, our bodies will store the extra calories as fat, and we will put on weight. Having some fat in the body is good, but too much fat is not suitable for the body.

Instructions:

1. Choose 1-3 students to be hitters. Require each hitter to state a high sugar food they will represent, for example, lolly pop, soft drink, cookies, etc.
2. Hand a foam ball to each hitter to use when hitting other participants.
3. On your command to begin, the hitters will try to hit other students with the foam ball. When a student is hit, they are to stay down still (like a statue) on one knee until they are rescued by another student.
4. To be freed from that position, the student has to be touched by a free student.
5. When a student is freed, they must go near the wall and do 20 star jumps to get back in the game.
6. Students will need to change hitters every so often and change the locomotor movements (i.e., hopping, sliding, grapevine, skipping, etc).

Equipment:

- 2 Small Foam Balls

Assessment:

Potential question may be, why should foods high and calories yet low in nutrients (i.e., empty calories) be consumed in moderation?

Set up:



X^T = Tagger with Foam Ball

X = Students