



# Apples for Energy

## Fitness and Nutrition Concepts

### STUDENT TARGETS

- ✓ **Skill:** Skipping, Jumping Jacks, Crab kicks
- ✓ **Cognitive:** Food gives us energy
- ✓ **Fitness:** Cardiovascular endurance and muscular endurance
- ✓ **Personal & Social Responsibility:** Helping others

### TEACHING CUES

- ✓ Stay within the boundaries
- ✓ Keep moving around the outside of the hoops

### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

- ✓ Hula Hoops or poly spots
- ✓ Foam apples or red bean bags

#### Set-Up:

1. Place hula hoops randomly throughout the movement area and place ½ the students in the hoops.
2. Give apples to the other ½ of the students outside the hoops.

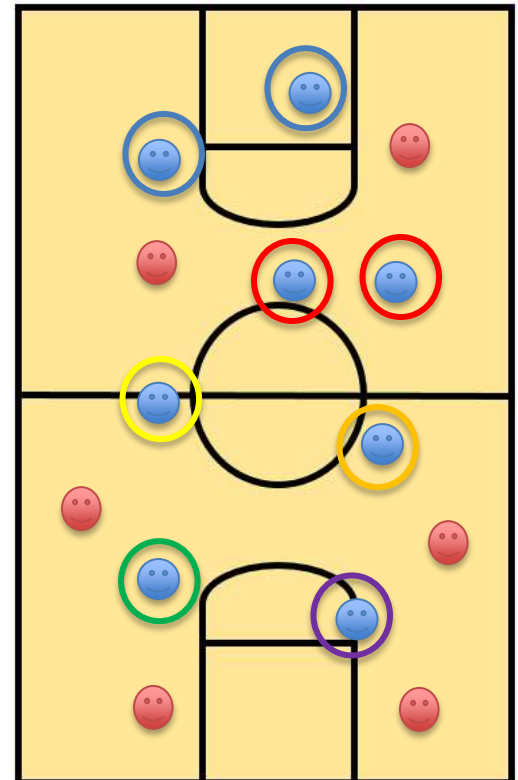
#### Activity Procedures:

Explain to the students that food provides the body with energy to move just like gasoline gives cars energy to move. We can only move for so long before the energy is used up and we need more food.

1. When the music starts, the students on the outside begin skipping around because they have energy.
2. The students in the hoops are running out of energy because their apples have been used up. They only have enough energy to do 10 jumping jacks followed by 10 crab kicks.
3. The object of the activity is to keep the whole class from running out of energy.
4. As the students in the hoops get down to their last kicks, a student with an apple should give them their apple.
5. The student with the apple leaves the hoop with renewed energy as the student that gave away his apple enters the hoop and begins losing energy.

#### Grade Level Progressions

- K-1:** Use walking instead of skipping  
**2<sup>nd</sup>-3<sup>rd</sup>:** Use skipping or jogging



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### CHALLENGE PROGRESSIONS

- ✔ **Challenge Progression**
- ✔ Give out fewer apples than hoops.

### MODIFICATIONS

- ✔ **Developmental Modification**
- ✔ Allow students to walk
- ✔ Allow students to stand in hoops

### ACADEMIC LANGUAGE

Energy  
Calories  
Nutrition  
Health Balance

### STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard**
- ✔ S3.E6.K – Recognizes that food provides energy for physical activity.
- ✔ S3.E6.2- Recognizes the good health balance of nutrition and physical activity.

### DEBRIEF QUESTIONS

- ✔ **DOK1:** What does the body use food for?
- ✔ **DOK 2:** What does it mean to balance nutrition and physical activity?
- ✔ **DOK 3:** What might you feel like when your body needs more food?

### TEACHING STRATEGY FOCUS

**Strategy Focus:** The focus of this lesson is to teach students that their bodies need food for energy. Energy is used to move. When all of the energy is used up the body needs more food. Energy balance means that humans need to balance the amount of food they take in with the amount of energy they output. If more food is consumed than expended, the food is stored as fat for use later. Food energy is measured in calories.