

Teaching Tips

- You may only carry 1 item at a time.
- Watch out for others as you move from hoop to hoop.
- Do not stop others from taking items from your hoop.

Guidelines Addressed

- Aerobic Capacity
- Greater than 50% MVPA
- Responsibility, Fair Play

SEL Competencies

Self-Awareness

Self-efficacy

Self-Management

Self-regulation

Social Awareness

Respect for others

Relationship Skills

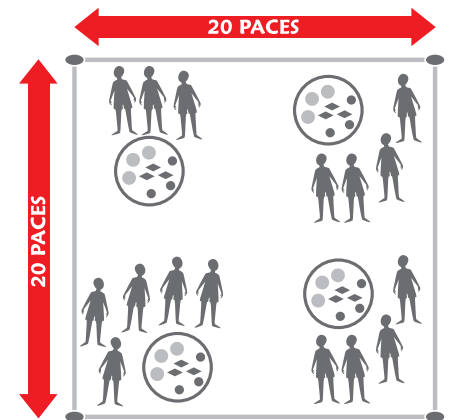
Cooperation

READY

- 4 [cones](#) (for boundaries)
- 1 [hoop](#) per 3-5 participants
- 3 [beanbags](#) per 3-5 participants
- 3 [yarn balls](#) per 3-5 participants
- 3 [utility balls](#) per 3-5 participants

SET

- Create a medium (20 x 20 paces) activity area with "plates" (hoops) scattered about.
- Place 3 of each type of tossable on each plate.
- Form groups of 3-5; each group at a hoop.



GO!

1. Activity Objective

- The object of **Balanced Breakfast** is to collect "proteins" (beanbags) and "healthy carbohydrates" (yarn balls) and try to get rid of "fats" (utility balls) on your "plate" (hoop) in order to balance the foods in your "breakfast."

2. Instructions

- The food you eat is divided into 3 major categories: Carbohydrates, found mostly in grains, fruits, and veggies; Proteins, found in meats, beans, and dairy products; and Fats, found in many meats, nuts, and oils. In our game, yarn balls represent carbohydrates, beanbags are proteins, and utility balls are fats.
- On signal, each participant takes 1 fat from their plate and carries it to another group's plate.
- While there, take home a protein or a carbohydrate. You may only carry 1 thing at a time.
- On the stop signal, we will see whose breakfast has the fewest fats and is the most balanced between carbohydrates and proteins.
- You may only carry 1 item at a time. If not following this rule, return the item to where you got it and jog 1x around all the hoops before rejoining play.

3. Challenges

- How many healthy items can you have on your plate on the stop signal?



Balanced Breakfast

Reflection Questions

- Why should you have a good balance of good nutrition and exercise?
- Name some examples of foods with carbohydrates. Protein?
- Why is it important to eat breakfast every morning?

Game Reset

Rewind

- *(Simplify by just having 2 types of balls: 1 light and big for fats and the other smaller and heavier for proteins and carbohydrates.)*

Fast Forward

- Partner Breakfasts – Play as before only with 2 of you sharing 1 plate. Toss the balls with your partner as you carry them from hoop to hoop.

The Right Fit

Group Size

- Small – Can be played with as few as 4 participants, 1 per hoop and 1 of each type of ball in each hoop.
- Large – Can be played with very large groups. Add extra hoops and balls so each group of 4-5 has their own.

Limited Space

- Bring hoops closer together. Participants move balls to hoops by placing them on their bellies and crab walking.

Wide Age Range & Skill Levels

- Each group should have a range of ages and skills to make them even.

Home Play

Food Facts

Eating a balanced breakfast is an important start to a healthy day. This week, focus on keeping your breakfast light on fat and heavy on health. Ideas for healthy breakfasts: whole grain oatmeal, whole grain cereal with non-fat milk and fruit, eggs on whole grain toast, non-fat yogurt and fruit, whole grain pancakes with almond butter and sugar-free jam, etc.

Leader Reflection

