

OVERVIEW

Inspired by the game 'Sharks & Minnows' this movement game challenges students to think quickly on their feet. Every student will be assigned a food that belongs to a predetermined category (fruits, veggies, grains, treats). When their category is called out by the teacher, they're 'it' (similar to the Shark in 'Sharks & Minnows')! The group of students who are "it" will tag others students ('Minnows') who are not part of that category. The game will change often based on the category that the teacher calls out. Which team will reign victorious?

LEARNING OBJECTIVE

- Students will identify and categorize fruits and vegetables by name (e.g., distinguishing between fruits and vegetables).
- Students will demonstrate spatial awareness by safely navigating within designated boundaries while avoiding or tagging others.
- Students will enhance agility, speed, and coordination through running, dodging, and making quick direction changes.
- Students will practice self-control and fair play during transitions between rounds and while switching roles.
- Students will collaborate effectively with peers during gameplay and exhibit sportsmanship by encouraging teammates and respecting the game rules.

ASSESSMENT

- Students will demonstrate their understanding of food categorization and physical agility by participating in a tagging game, where they will respond to the teacher's call out of food categories.

MATERIALS

- Cut out paper slips w/ different foods
- Tape or safety pins to attach to student's shirts
- Watch or stop clock

OPENING

- Begin with a discussion about different foods and their categories.
- Introduce the four categories and ask students to share their favorites: fruits, vegetables, grains, and treats.
- Introduce the game rules:

- You will be given a card with a food on it. Think about what category it may be. When your category is called you will be “it”.
- Each round there will be one category who will be “it” as they try to tag other people. Once you are tagged, please take a seat.
- Once the category is able to tag all other foods, the round will end and we will begin a new category.

GUIDED PRACTICE

- Demonstrate how to attach food slips to shirts using tape or safety pins.
- Conduct a short practice round where students will get familiar with being tagged and how to categorize.
- Start with simple identification (What category does an apple belong to?) and progress to strategy (How can you avoid being tagged?).

INDEPENDENT PRACTICE

- Set expectations for safe movement and respecting others during the game.
- Allow students to play four rounds of 3 minutes each, assigning themselves as “it” based on the category called out.
- Monitor performance by observing how quickly students categorize and their level of engagement during the game.

LEARNING STANDARDS

SHAPE America National Physical Education Standards (Grades 3-5)

- 1. Standard 1: Develops a variety of motor skills.**
 - Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2. Standard 2: Applies knowledge related to movement and fitness concepts.**
 - Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- 3. Standard 3: Develops social skills through movement.**
 - Students will demonstrate knowledge and skills to help them achieve and maintain a health-enhancing level of physical activity and fitness.
- 4. Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.**

- Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

EXAMPLE CATEGORIES & FOOD – See supplemental PDF printout

Fruits	Vegetables	Grains	Desserts
Apple	Carrot	Rice	Chocolate cake
Banana	Broccoli	Oats	Ice cream
Orange	Spinach	Wheat	Cookies
Strawberry	Tomato	Barley	Brownies
Grape	Cucumber	Quinoa	Cupcakes
Pineapple	Potato	Cornmeal	Apple pie
Mango	Lettuce	Brown rice	Cheesecake
Watermelon	Onion	Rice Noodles	Pudding
Blueberry	Green beans	Couscous	Donuts
Peach	Corn	Spaghetti	Muffins