

PHYSICAL ACTIVITY for PHYSICAL DISTANCING

HEALTHY FOOD JACKS

Suggested Levels: PreK-7

Time: 1- 5 minutes

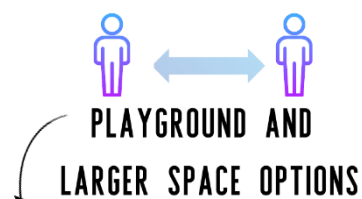
Equipment: NONE

Objective: Promotes movement to refocus the brain while maintaining physical distancing.

Directions: Beginning with the Letter A, have students perform a seated jumping jack after a student names a healthy food that starts with A. Move through the alphabet (example: apples, broccoli, celery, dairy, etc.). Move down the rows, each student calling out a food with the next letter. If someone calls out an unhealthy food, or can't think of a healthy one, ask the rest of the class for help. Continue jumping jacks until the entire alphabet is complete. A helpful key is listed below.

For Levels K-1: Teacher can prompt class or show pictures of healthy foods.

A-Apple	O- Olives
B- Banana	P- Pickles
C- Celery	Q- Quinoa
D- Dairy	R- Radish
E- Eggs	S- Squash
F- Fish	T- Turkey
G- Grape	U- Ugli fruit
H- Hummus	V- Vegetables
I- Inca berries	W- Water chestnut
J- Jalapeno	X- Xigua (watermelon)
K- Kale	Y- Yam
L- Lima beans	Z- Zucchini
M- Mango	
N- Nectarine	



Standing Movement Ideas:

- Cross crawl
- High knees
- Hop on one foot
- Jumping jacks
- Lunges
- Mountain climbers
- Squats