

## AEROBIC SALAD

Grades 2 – 6

**Objectives:** Students will participate in a high energy cardiovascular activity. Students will learn many nutritional concepts. Student will attempt to memorize or recall positions of various colors.

**Discussion:** Talk about nutrition and healthy foods vs. junk foods or empty calorie foods.

**Procedures:** Approximately 15-20 cones are spread out around play area. Need large area. Under the cones there are placed different colored crayons. One crayon per cone some cones are empty. Each student receives a secret recipe. They are the cooks and I am the Master Chef. Each recipe is different. The students must color each ingredient of their salad a specific color. They must color each ingredient in a specific order (follow the recipe). After each ingredient is colored the cooks must report to the chef. This way I can check their salad to make sure they remain on task. Once their salad is complete I will tell them to sign their name in a specified color and instruct them to draw a face describing how they felt about the activity. For the students that finish early, they may jump or move inside the hula hoops which are scattered in the specific area. This activity is known as tossing their salad.

**Key Points:** Students should not share crayon location with others. It is a secret recipe.

Students must put crayons back under cones when finished with each ingredient.

Students must report to me after each ingredient. That will insure the fact that they are following directions.

Remind students to try to remember crayons location. This will aide in efficiency.

**Closure:** Encourage students to let parents know that they made a salad in Physical Education class. This will encourage conversation and create great P.E. public relations.

### **Crayon Colors Needed:**

Orange	Yellow
Blue	Brown
Green	Black
Red	White
Purple	

START



purple



yellow



brown



red



green



orange



red



black



white



blue



yellow



green



blue



green



purple



END



START



orange

green

red

yellow

purple



blue

purple

orange

black

green



black

red

blue

orange

yellow



END

START



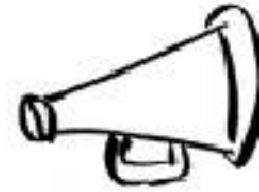
red

purple

orange

blue

brown



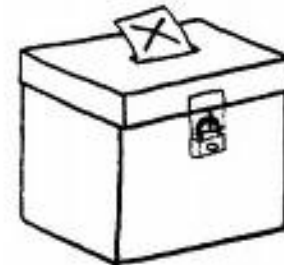
yellow

white

green

purple

red



blue

brown

white

black

orange



END

START



green



brown



white



orange



blue



red



yellow



black



brown



orange



purple



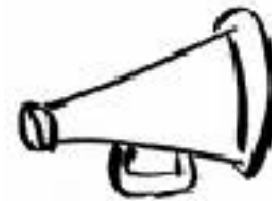
blue



red



brown



white



END