

My Plate Power Puzzles

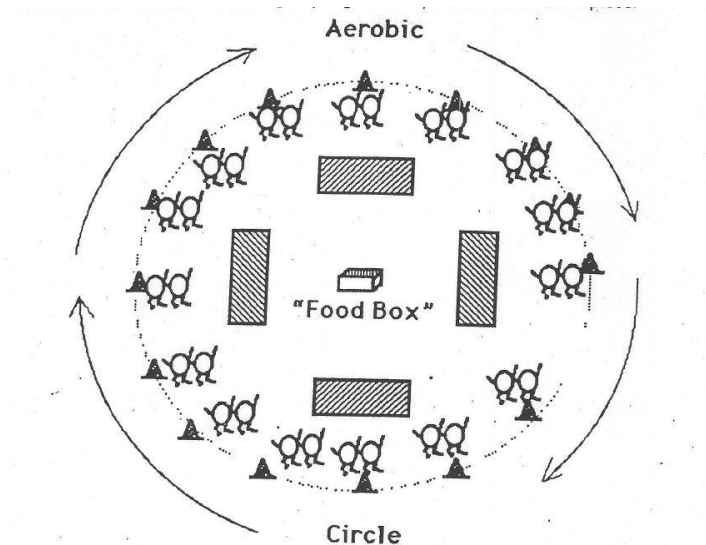
Equipment Needed:

- Cones for the “Aerobic Ring”
- One jump rope for each student
- My Plate Power Puzzles
- A large cardboard box for the “Food Box”
- Mats or carpet squares for curl-ups/crunches

How We Do It:

The students are assigned as partners and are stationed at a cone as shown in the diagram. Each student has a jump rope and each group is given a My Plate Power Puzzle piece.

The Puzzle: On the back of each of the puzzle pieces is written an aerobic task and a muscle strengthening task. For example, “Jog one lap and do curl-ups.” For this example, one partner would jog a lap around the “Aerobic Circle” while the other partner goes to the closest mat and does curl-ups.



Once the partners have completed the task, they “tag off” and switch roles. When both partners have completed both the aerobic muscle strengthening tasks, one partner goes to the “Food Box” in the center and selects another puzzle piece. When a new puzzle piece is selected, the students perform the task, switch roles, and get a new piece until their My Plate puzzle is completed. The object of the activity is to make a complete My Plat puzzle in the allotted time. You may also have a partner challenge on one of the puzzle pieces, such as, “Jump rope 100 times.” For this task, students work together to jump rope a total of 100 times.