

2020 GO TEAM GAMES



DANCE FREEZE

Space Needs: Medium to large room indoors or outdoors. *If playing with your family, encourage proper hand hygiene before and after the game. If playing with members outside your family, make sure to social distance in a well-ventilated space, follow mask guidelines, and take part in hand hygiene before and after the game.*

Materials:

- CD player or phone/tablet with upbeat music
- Bean bag or tennis ball
- 5-4-3-2-1 Go!® Trivia Questions (listed below)

Objective: Kids will learn the facts that support the 5-4-3-2-1 Go! message by dancing to music, freezing their position, and answering 5-4-3-2-1 Go!-related trivia questions when the music stops.

Set-Up: Practice a few dance moves that work different body parts. Check out Zumba or other dance classes on YouTube to get an idea of new moves to try.

Steps:

- Ask kids to form a big circle.
- Ask: *“How many of you like to dance? Do you know that dance is a good form of exercise?”*
- Explain: *“In this game, we are going to dance to different kinds of music. When you hear the music stop, freeze!”* You will be in charge of the music.
- When the music starts, pick a dance step and have all your kids follow along.
- When the music stops, everyone must freeze.
- Rotate the activity leader and try different dance moves. Kids can move in a circle, following the dance leader. Try to mix up the songs between rounds so different dance styles are practiced.
- After a few rounds, add in an extra element such as passing around a ball or bean bag. When the music stops, ask the person holding the ball/bean bag to answer a trivia question.
- Continue asking questions using the list below for subsequent rounds. End the game after all the kids have been asked a trivia question or two.

Trivia Questions:

Q: *“Give one suggestion for how you can reduce the amount of time you spend in front of a screen.”*

A: Possible responses:

- ◇ Don't just sit in front of the TV all day, so do other things.
- ◇ Don't do your homework in front of the TV.
- ◇ Pick a few shows that are your favorites and only watch those shows.
- ◇ Mix up your screen time with other activities. For example, watch a 30-minute show, do homework, go outside, and then watch another 30-minute show.

Q: *“Does a large whole fruit, like a large banana or apple, count as one or two servings of fruits and vegetables?”*

A: Two servings. Small whole fruits such as plums or tangerines count as one serving.

Q: *“Name three activities that count as screen time.”*

A: Watching television or movies, sitting in front of a computer, and playing video games.

Q: *"Name two physical activities you can do on your own, with friends, or in a group, that are not team sports."*

A: Activities include dancing, yoga, martial arts, skateboarding, bicycling or rollerblading/skating (any physical activity that involves moderate to vigorous physical activity is acceptable)

Q: *"Name one way that physical activity improves your health or keeps you healthy."*

A: Physical activity has many health benefits including:

- ◇ Keeping you strong
- ◇ Building bones and muscles
- ◇ Helping your mood by reducing depression
- ◇ Burns excess calories/energy

Q: *"Name three team sports that are good examples of physical activity."*

A: Soccer, swimming, basketball, baseball, softball, track and field, hockey, volleyball, football, etc. (any team sport that involve vigorous physical activity is acceptable)

Q: *"In order for physical activities to count as exercise, tell me one very important change that should happen to your heart."*

A: Your heart rate should increase/beat faster

Q: *"Name one important nutrient found in dairy products."*

A: Calcium and/or vitamin D

Q: *"When you exercise, your body shows many physical signs. What are two signs that you are engaging in physical activity?"*

A: Signs can include:

- ◇ Sweating
- ◇ Panting or heavy breathing
- ◇ Increased heart rate
- ◇ Increased thirst

Q: *"How much space should fruits and vegetables take up on your dinner plate?"*

A: 50% of your dinner plate should be filled with fruits and vegetables.

Q: *"Name one way that spending too much time in front of a screen can negatively affect you."*

A: Answers can include:

- ◇ Decreased attention span
- ◇ Takes away from homework and other school-related activities
- ◇ Mindlessly snacking
- ◇ Exposure to advertising of unhealthy food

Q: *"Name one benefit of eating fruits and vegetables."*

A: Benefits can include:

- ◇ Provides vitamins, minerals, and fiber
- ◇ Helps immune system fight illness
- ◇ Provide a healthy food or snack that is generally low in fat, sugar and calories
- ◇ Help you have a more balanced, healthy diet

Q: *"Name one reason why the body needs calcium."*

A: Reasons can include:

- ◇ Builds strong bones & teeth
- ◇ Regulates blood pressure
- ◇ Increases vitamin B-12 absorption

Q: *"Name three types of dairy products that are available in a low-fat variety."*

A: Milk, cheese, and yogurt

Q: *"Explain why it is recommended to eat a variety of fruits and vegetables of different colors every day."*

A: Each color provides the body with different nutrients, vitamins and minerals. If you only ate one color, would only be getting a few vitamins. Therefore, the more variety you eat, the more nutrients you receive.

Q: *"Name two signs of dehydration (dehydration is when your body is low on its internal water supply and needs replenishing)"*

A: Signs can include:

- ◇ Tiredness or exhaustion
- ◇ Headache
- ◇ Dry mouth
- ◇ Muscle weakness
- ◇ Dizziness
- ◇ Light-headedness
- ◇ Collapse (in extreme cases)

Q: *"Name one way the body uses water."*

A: Ways can include:

- ◇ Circulates nutrients throughout the body
- ◇ Helps with digestion
- ◇ Helps eliminate waste
- ◇ Helps circulate blood
- ◇ Regulates temperature and keeps the body cool

Q: *"Name one important benefit of hydration."*

A: Benefits can include:

- ◇ Improves concentration
- ◇ Reduces headaches
- ◇ Increases energy levels
- ◇ Helps keep skin healthy
- ◇ Reduces exhaustion or tiredness

Q: *"What is the average number of hours an American spends in front of the TV?"*

A: The average American spends 4 hours and 30 minutes in front of a TV every day (more than twice as much as the recommended maximum amount).

Q: *"Name two fruits that grow in the Midwest."*

A: Midwest fruits include:

- ◇ Apples
- ◇ Blueberries
- ◇ Pears
- ◇ Raspberries
- ◇ Strawberries
- ◇ Tomatoes
- ◇ Cherries

Q: "Name two healthy ways to prepare vegetables."

A: Ways can include:

- ◇ Steam
- ◇ Boil
- ◇ Bake
- ◇ Raw (like a salad)

Q: "Name a food that is a good source of calcium but is not a dairy product."

A: Foods may include broccoli and other leafy green vegetables like kale, spinach or collard greens; soy milk; or calcium-fortified orange juice

Q: "What percentage of the human body is made up of water?"

A: 66% or two thirds.

Debrief: Ask these questions to your kids to close out the game.

- "How many of you like to dance?"
- "Why is dancing a form of exercise?"
Answer: It gets your heart rate up and gets you sweaty.
- "What types of dancing are the most high-energy and will get your heart rate up the most?"

