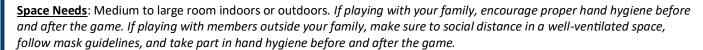
## 2020 GO TEAM GAMES 543





## Materials:

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

<u>Objective</u>: 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:
  - On'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

A:	lain why it is recommended to eat a variety of fruits and vegetables of different colors every day."  Each color provides the body with different nutrients, vitamins and minerals. If you only ate one color, would only be getting ew vitamins. Therefore, the more variety you eat, the more nutrients you receive.
	me two signs of dehydration (dehydration is when your body is low on its internal water supply and needs replenishing)" Signs can include: Tiredness or exhaustion Headache Dry mouth Muscle weakness Dizziness Light-headedness Collapse (in extreme cases)
	me one way the body uses water." Ways can include: Circulates nutrients throughout the body Helps with digestion Helps eliminate waste Helps circulate blood Regulates temperature and keeps the body cool
	me one important benefit of hydration."  Benefits can include:    Improves concentration    Reduces headaches    Increases energy levels    Helps keep skin healthy    Reduces exhaustion or tiredness
A: '	at is the average number of hours an American spends in front of the TV?"  The average American spends 4 hours and 30 minutes in front of a TV every day (more than twice as much as the commended maximum amount).
	me two fruits that grow in the Midwest."  Midwest fruits include:  Apples  Blueberries  Pears  Raspberries  Strawberries  Tomatoes  Cherries

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

A: Milk, cheese, and yogurt

Q: "Name two healthy ways to prepare vege	etables."
---	-----------

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.

**<u>Debrief</u>**: 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?"

