

Reinforcing Activity



Fruit and Veggie “T” Toss

Nutrition Concept: Increase familiarity with names of fruits and vegetables.

DESCRIPTION

Students form a “T” before throwing soft food toys (or other soft objects).

MATERIALS/EQUIPMENT

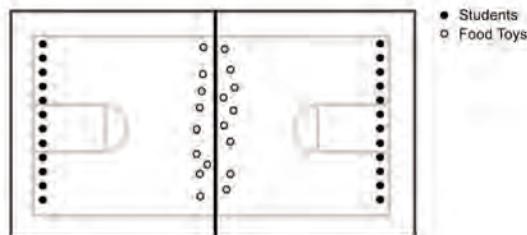
- Soft fruit or vegetable toys (or any soft-type ball); at least one for every two students

SETUP

- Divide the gym in half using existing center line.

PROCEDURE

- Tell the students the nutrition message:
 - You need to eat fruits and vegetables every day.
 - There are many to choose from.
 - Today we are going to play a game with some fruit and veggie toys.
- Hold up each of the fruit/vegetable toys and name them, or ask students to name them. Scatter them along the center line of the gym.
- Divide the class in half. Have half of the students stand on one end of the gym and the other half stand on the other end.
- Tell the students they are farmers and the side of the gym they are on is their garden. Explain that each group will need to keep any fallen fruits or vegetables out of their garden.
- Demonstrate the T position for them.
- On your signal, have one of the groups run to the center line, grab a fruit or vegetable toy (or soft ball) and say its name. Then, have students run halfway back to their original spots, turn, form a T, and throw the toy toward the other end of the gym into the other group’s garden.



- On your signal, the students in the receiving garden run and pick up the toys and throw them back into the opposite garden.
- Remind students that they need to keep their own gardens clean, so they’ll need to quickly pick up the fallen fruit or vegetables and throw them into the other group’s garden.
- Continue until all farmers have had multiple opportunities to form a T and throw fruits or vegetables.

NOTE

At this point in the teaching/learning progression, it is not necessary that students throw accurately; this game is to give them a chance to practice forming a T before throwing an object.

IMPORTANT SAFETY NOTE

This game is played from end-to-end so that students will not be as likely to throw the toy far enough to “hit” students at the other end. If necessary, have students return to the end line before throwing the toys.

The reinforcing activities are intended to supplement—**not** replace—the instruction and drills described in the Instructional Segment. Provide additional practice for your students by introducing the reinforcing activities to your students after 80% of students demonstrate correct execution of the step in the drills.

Reinforcing Activity

Sculpting “Ts”

DESCRIPTION

Students mold one another to form sculptures of T positions.

MATERIALS/EQUIPMENT

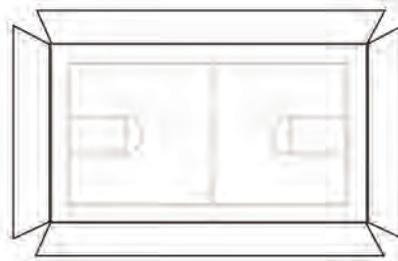
- Poster for overhand throw step 1

SETUP

- Display the poster.

PROCEDURE

- (1) Divide the class in half.
- (2) Half of the students are pieces of clay and are scattered around the gym. The “clay” students can be in any position to begin. The other half of the class will be the “sculptors.”
- (3) On your signal, the sculptors will run to a piece of clay and form it into a T position (“molding it”) as quickly as possible. When they are done, they can go to another piece of clay to “sculpt.”
- (4) When all clay students are “sculpted,” they then become sculptors and the sculptors become pieces of clay.



Remind the “clay” students they are lifeless and shouldn’t move unless the sculptors move them.

OPTION

- To challenge the sculptors, have groups of clay students intertwine themselves so that the sculptors need to first untangle them from each other before forming them into Ts.

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