

Playing with Food: Enhancing Standards-Based PE with Nutrition

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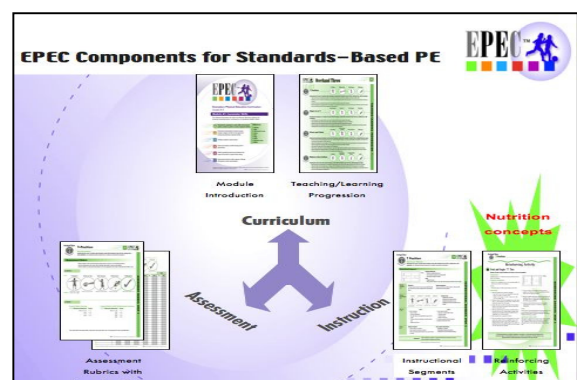
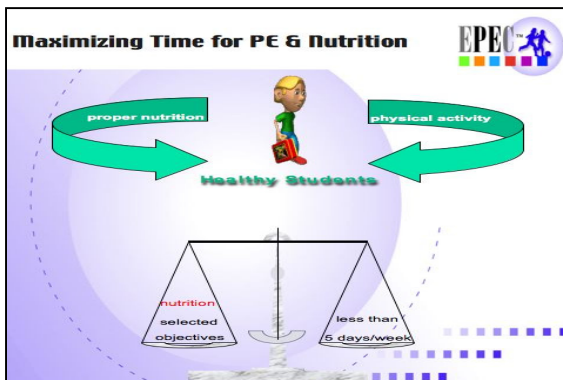
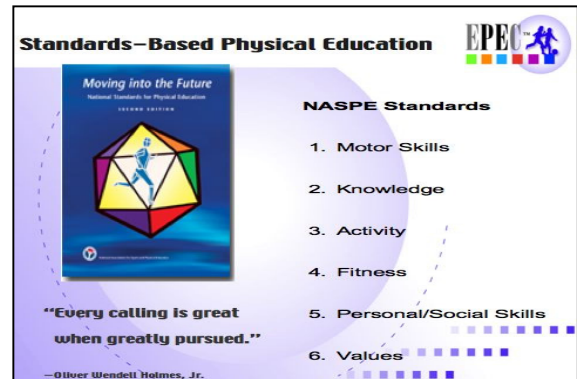
Including nutrition concepts in the gym doesn't have to replace instruction on physical education content. The Exemplary Physical Education Curriculum (EPEC) includes fun and effective reinforcing activities that also teach nutrition concepts. With developmentally appropriate teaching progressions, flexible instructional segments, and easy-to-use assessments, EPEC is a model for standards-based learning. Come learn about and participate in lessons that incorporate nutrition information into K-5 physical education instruction related to the NASPE standards.

Goal:

Participants will understand that nutrition content can be taught and reinforced effectively and efficiently during standards-based PE instruction.

Objectives:

1. Recall nutrition messages for Grades K-5.
2. State the components of a standards-based PE program.
3. Experience quality physical education instruction incorporating nutrition content.



EPEC

NASPE Standards

Curriculum

Assessment **Instruction**

Provide students with a series of steps that, when climbed (i.e., learned), take them from no ability to competence on the program objectives.

Teaching/Learning Progression

No Ability Competence

EPEC

NASPE Standards

Curriculum

Assessment **Instruction**

Instructional Segments

- Designed using research on effective instruction.
- Shortened during revision.
- Now 1 page for easy use on clipboards.

EPEC

Lesson Segment Example – Instructional Components

NASPE Standards

Curriculum

Assessment **Instruction**

Lesson Segment Example – Instructional Components

A typical anticipatory set.

- motivate students
- tell them the lesson objectives

The what and how of the lesson objective.

- taken from corresponding step in the TLP

Students apply and rehearse what was just explained/demonstrated.

- maximize time-on-task
- provide feedback

Review of the day's instruction and key learning points.

EPEC

NASPE Standards

Curriculum

Assessment **Instruction**

Reinforcing Activities

- Provide additional time-on-task as well as fun activities for students to practice the lesson objectives.
- Intended to supplement, not replace, instruction and practice found in the lesson segments.
- Two activities for each TLP step.

EPEC

Reinforcing Activities – Nutrition Information

Since healthy eating is crucial to good health, some of the Reinforcing Activities in EPEC incorporate basic nutrition concepts.

The concepts are simple and consistent with the new Dietary Guidelines for Americans.

Reinforcing Activity

Fruit and Veggie-T-Box

Answer: ...

EPEC

Four Basic Nutrition Concepts

- Eat a variety of foods from the food groups.
- Eat more fruits and vegetables.
- Eat healthy snacks.
- Wash hands/fruits/veggies properly.

MyPyramid
Eat Right. Exercise More Fun.

EPEC

NASPE Standards

Curriculum

Assessment **Instruction**

Assessment Rubrics with Recording Sheets

- Provided for each step in the Teaching/Learning Progression.

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Assessment Rubric Example

Assessment Rubric

Scoring options for either a 4- or 5- point rubric score.

Recording sheets found on the back of each rubric.