

# Fruit and Veggie Volleyball

Make half your plate vegetables & fruits  
Make much of your physical activity moderate or vigorous



## Instructions:

*This game can be modified to fit the space. If classroom desks and tables cannot be moved, have students move/stack chairs out of the way and stand near their desk space. If you play this way – you don't need to divide students into groups and you can put multiple balls into play at once.*

## Step 1

- Divide students into groups of 4-6. Each group should form a circle facing toward the center. Give each group a beach ball.
- The goal of the game is to **hit the ball up in the air** to your teammates without letting it touch the ground. Encourage students to make sure that each person gets an equal chance to hit the ball. *Leader can make the game more vigorous by asking students to **jog** or **march in place** throughout the game.*
- If a ball hits the ground, the team (or class if you are playing as a large group) must name 1 fruit and 1 vegetable and do 10 jumps (**two-foot jumps, side-to-side jumps, jumping jacks**) before play resumes.

## Step 2 – Are you ready?

*Leader keeps track of the fruits and vegetables named on the classroom board. Let the students know there can be no repeats! Allow students to continue the game until the allotted time has passed or they can no longer think of any more vegetables or fruits.*

- Monitor class for success – make sure every student gets a chance to hit the ball.

## Discussion

End the activity with a discussion about adding more **moderate/vigorous physical activity** and more fruits and vegetables into their daily lives.

**Indoor/Outdoor**  
**Grades: 3-5**  
**Time: 15 mins.**

## Get Ready:

**Inflate** five to ten beach balls (one for each group of students).

**Move** desks and tables and/or chairs out of the way if playing in a classroom.

**Stand** with enough 'personal space' for safe movements.

**Demonstrate** movements so all students are ready to move when the game begins.

## Equipment Needed:

**Beach Balls** – 1 for each group of students.



## Nutrition Key Message:

### Make half your plate vegetables and fruits.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat vegetables, fruit, or unsalted nuts as snacks.

## PA Conceptual Connection:

### Make much of your physical activity moderate or vigorous.

- Children and adolescents should do 60 minutes or more of **moderate to vigorous** physical activity each day.

## Talking Points:

- Different activities have different benefits. Aerobic activities such as walking, dancing, running or swimming promote cardiovascular (heart) health, and muscle strengthening activities build strong muscles. Both activities help maintain a healthy weight.
- Walking is a good physical activity, but more **vigorous** (harder) activities (walking up hills and running games) may provide more heart healthy benefits. It's important to spend at least 60 minutes a day in **moderate to vigorous** activities.
  - **Moderate activities** include those that you can talk during but cannot sing. For **vigorous activities** you can only say a few words without stopping to catch your breath. Be sure to participate in vigorous-intensity physical activity at least 3 days each week. **Moderate or vigorous** activities may be different for each person.
- The following is a brief activity that applies these concepts.
  - Ask students to find their **pulse** (place the pointer and middle fingers of the right hand on the left wrist, in line with the left thumb, just below where the wrist bends). Once everyone has found their pulse, do a 10-second count and have everyone write down their number. Next do a 30-second march in place and take the pulse again. Finally, do a 30-second jog in place (knees up!) and take the pulse again. This is an example of the heart rate response during a light, moderate, and vigorous activity.
  - To calculate an approximate heart rate in beats per minute (bpm), multiply the number of beats in 10 seconds by 6. If someone counted 10 beats in ten seconds, their estimated heart rate would be 60 bpm.
- Ask class participants to share the different types of activities that they do and ask them to identify if they could be **moderate or vigorous**. Encourage students to spend the majority of their free time participating in moderate or vigorous physical activities.