



# Physical Activity Promotion

## "Steal the Carrot"

### Equipment Needed:

- Plastic carrot or orange bean bag

### Step-By-Step:

#### *Pre-Explanation:*

- This game requires a large and open space (outside, playground area, or multi-purpose room).
- Divide the students into two teams.
- Assign a number to each student on the first team (1,2,3,4,5, etc.).
- Assign a number to each student on the second team (1,2,3,4,5, etc.).
- Have the first team line up in a horizontal line.
- Have the second team line up in another horizontal line so that they are facing the first team.
- Place the plastic carrot or bean bag in the middle of the two lines.
- Make sure to leave enough space in between the two lines for students to run back and forth.

### Implementation:

- When you are ready to play, call out a number that was assigned to students on each team. Each student will race to the carrot or bean bag.
- For example: if you call out number five, a student from the first team and a student from the second team need to run to the middle of both lines and try to be the first to get the carrot or bean bag.
- The student that gets to the carrot first needs to run back to his/her line before being tagged by the opposing team member to be considered safe.
- If a student is tagged before he/she can return the carrot or bean bag to their line, the carrot or bean bag must be returned to the middle of the two lines and another number should be called.
- Explain to the students that tagging is done with two fingers safely between the shoulders and waist.
- Keep playing until everyone has had a turn.

### Follow Up:

#### *Class discussion (to be used to integrate Harvest of the Month along with the physical activity):*

- Why are carrots orange? What does their pigment have to do with the nutrients they provide?
- How does eating carrots help your body to be healthy?
- What are the different ways that you can prepare and eat carrots?

### Expansion Ideas:

#### *Use different variations depending on level of difficulty:*

- Eliminate the tagging portion of the game.

Adapted from ZOOM: <http://pbskids.org/zoom/activities/games/stealthebacon.html>

