Get Up & Move!

Physical Activity
Series 3: January

Team Building Games (25 minutes)

Items needed for this activity:
• 1 hula hoop (additional hula hoops may be helpful if your group is larger than 12-15 people)

Activity set up:
• Set aside a large area, enough for members to stand in a circle

Step 1: Information to share with club members (5 minutes)
How many of you ate an apple today? (Ask members to raise hands). How many ate wheat bread? Beans? Carrots? Oatmeal? Cereal? Other types of fruit? Good! When you ate these foods, did you know that you were eating fiber? Does anyone know where fiber comes from? (Wait for responses). Yes, fiber comes from plants. Actually, fiber is the part of plants that humans can't digest. It is a very important type of carbohydrate that the body needs.

Fiber helps the body in many ways. It can help guard against diseases such as heart disease. It helps to keep our cholesterol levels low so that our arteries can be clear and our blood can move like it is supposed to. Fiber is also important in preventing a disease called diabetes.

How can you make sure you are getting plenty of fiber in your diet? One way is to stick to the right foods. MyPyramid tells us to eat 1 ½ cups of fruit every day and 2 ½ cups of vegetables. We should also eat about six ounces of grains per day, and make half of them whole grains. By following these rules, you should be getting plenty of fiber per day!

What is a grain? Grains are divided into two groups – whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and to improve their shelf life. But milling removes dietary fiber, iron, and B vitamins. Many refined grains are enriched – or have the B vitamins and iron added back. But fiber is not added back to enriched grains.

The USDA recommends that half of the grains we eat are whole grains in order to get all the fiber we need and keep our bodies healthy. Does anyone know what types of grains are whole grains? (Wait for responses). Great! Whole grains include whole-wheat flour, bulgar, oatmeal, whole cornmeal, popcorn, and brown rice. When you eat grain products, like cereal, bread, rice, and pasta, try to make sure the ingredient list includes “whole grain” or “whole wheat.” This will help you ensure that you are getting enough whole grains in your diet!

(Sources: USDA, Harvard School of Public Health, American Heart Association)
Step 2: Group Activity 1 (10 minutes)
Today we are going to do an activity called the Human Knot. This will get you up and moving and let you practice working as a team. I want everyone to stand in a circle facing each other. Next, I want everyone to reach out and grab the hands of two people across from you in the circle. You cannot grab the hands of the person standing next to you and you must be holding two different peoples' hands. (Ensure that everyone has grabbed the hands of two different people). Now, until the game is over, you cannot let go of these hands. This would be breaking the knot.

Okay, the goal of this game is to find a way to “untie the knot” and return to the original circle with everyone still holding hands. You can twist, turn, go under arms, step over hands – anything you need to do to untie the knot except letting go. If you let go, you must rejoin hands and reconnect the circle just like it was before you disconnected.

(Let members attempt to untie the knot.)

Step 3: Group Activity 2 (10 minutes)
Great job everyone! We are going to do another team building activity. I want everyone to stand in a circle again, but this time, I want you to hold hands with the people on either side of you. I am going to place a hula hoop on the arm of (a member). (Disconnect the hands of two members and place a hula hoop over the arm of one. Have them rejoin hands). Now the object of this game is to get the hula hoop all the way around the circle, without letting go of hands or using your hands. You can wiggle, turn, jump, crawl, stretch – or anything else you need to do. Ready, GO!

(Let members get the hula hoop around the circle. If you have time, you can try variations on this game. Some you can try are: everyone has to kneel, keeping one knee on the floor at all times; only one foot touching the floor at any given time; eyes closed, etc. You can even let youth make up their own rules!)

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