



Szkoła Podstawowa  
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# Educational games promoting a healthy lifestyle

## Introduction

### Importance of a healthy lifestyle

The main goal of the project is to make children and young people aware of how important it is to take care of their own health and what benefits a healthy lifestyle brings. The project shows that improving lifestyle can bring many positive changes, such as increased energy, increased concentration, improved well-being and reduced risk of disease.



## Gameplay:

- Players take turns according to the alphabetical order of their first names.
- The starting player rolls the dice and moves their pawn to the corresponding number of spaces on the board following the path indicated.
- After each dice – determined movement, each player draws a card, reads its contents aloud and follows its instructions (such as losing turns, moving to additional spaces, going back to the START, etc.)
- The first player to reach the heart – shaped FINISH space on the board wins the game (if they roll a larger number than the exact number of the remaining spaces ahead of them, they will also reach the FINISH space).

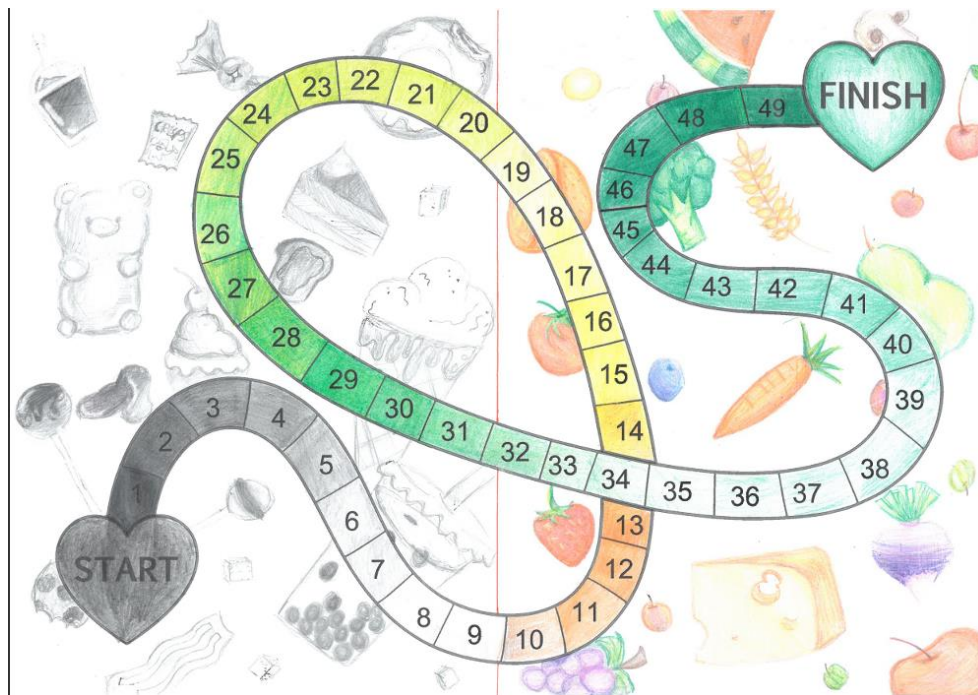
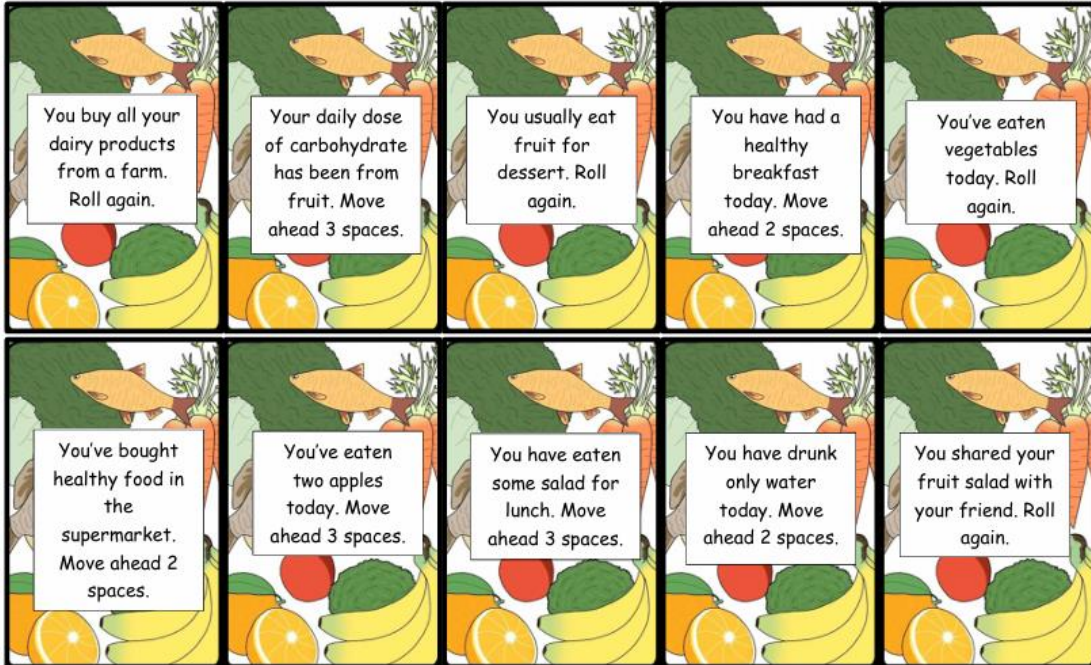




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## II. MY PLATE RELAY RACE

This game explores different foods and their food groups and can be easily adapted to be played with as little or as many players indoors or out! The level of difficulty can be adjusted to the age group.

### Materials Needed:

- 5 buckets or bins (you can also use tupperware containers, empty shoeboxes, soup pots, etc.)
- Bags – the same number of teams you have playing (plastic, recycled grocery bag, backpack, reusable tote, etc.)
- Variety of food models/ play food or pictures (5-10 for each category and each team)

### Steps for Set-Up:

- Gather five buckets or bins for each team and label them to show the five food groups: 1) Grains, 2) Fruits, 3) Vegetables, 4) Dairy, and 5) Meat/Meat Alternate
- You can also use the corresponding food group color to help identify the bucket or bin and reinforce the color of each food group by using colored construction paper or a colored marker.
- Place the buckets or bins at the end of a hallway or in an area where children can run a distance to get to it (e.g. backyard or safe open space)
- Take a bag and place a variety of food models or pictures of foods in it. You will be giving each team a bag of these, so make enough to cover each team you have playing. Make sure to have an equal amount in each!

### Steps to play:

1. Separate into teams and have each team line up at the “starting” line.
2. Give each team a bag of food models/ food cutouts and assign a team leader. The bag will stay with the first person at the beginning of the line.
3. When the leader says “Go,” each team will begin its relay. Team members will take turns pulling a food model or picture from their team’s bag and running to the appropriate MyPlate bucket or bin and putting it in the correct one.
4. After placing the food picture or model in the correct bucket or bin, the participant will run back and tag the next person in line. The teams will continue the activity until the bag at the starting line of each team is empty.

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- When both teams have finished, remove the food models or pictures from the buckets or bins. Pull the items one by one from each as a check and review what foods “belong” in each food group.



### III. THE OLYMPIANS GRABOWSKI CARDS GAME

#### Aim of the game:

This game, which combines physical fitness, competition and intellectual abilities of participants, aims to show the relationship between physical and mental fitness. It can be used both in physical education classes and other activities promoting a healthy lifestyle.

The game involves not only brain activity, but also physical movement, therefore it is a great way to keep your students in good mental and physical condition.

#### Game description

The game "Olympians" involves arranging pairs of cards in special wooden boxes. The stations are placed against one wall of the school hall or gym, while on the opposite side there are students divided into two teams.

Players start by turning on stopwatches and run across the entire width of the hall or gym to the tables with cards. There they place the red Grabowski Cards (with results) in the compartments of wooden boxes and then add the appropriate black cards (with multiplication operations). Of course, the cards in each pair must match, i.e. the black  $8 \times 8$  card should be in the compartment together with the red 64 card. When students finish, they run to their chairs and stop their stopwatches. The game arouses great enthusiasm among children.

The cards can be arranged to different subjects or educational needs.





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