

No Calorie Left Behind • NCLB

Recommended for: Physical Education grades 3–8 and CrossFit Kids..

Objective:

1. Learn the difference between good calories and bad calories.
2. Learn how to read nutrition facts panel.
3. Track calories burned through rowing machine and pedometers.

Suggested equipment: Concept2 Indoor Rower(s), nutrition facts panels for every student, pedometers for every student. Two students can share a pedometer if necessary.

How to get started: Begin by teaching students about nutrition labels. Teach them how to read the calories listing and serving size. Explain to them that calories are necessary to keep our bodies going and to grow strong. Explain that there are “good calories” and “bad calories.” Allow students to brainstorm some types of the “good” and “bad” calories. Explain what happens to calories when they are not used by the body, and the health risks this poses.

How to play: Following the opening discussion, give students pedometers and teach them how to view the calorie count mode on the performance monitor (PM) on the indoor rower. Once students have set their pedometers to calorie count mode, allow them to choose a food label. Instruct them to find the serving size and calories in their item. Inform students that today they will try to burn off the calories from one serving of their “snack.” To do this, they will be playing various tag games or rowing on the rowing machine. Throughout class period, you can rotate students in and out of the tag games and onto your rowing machines. Instruct them to add the number of calories burned while rowing to the number of calories on their pedometer. If remembering the number of calories burned becomes an issue, leave a clipboard near the rower where they can write their number down.

Following the activity, bring students together and have them compare the number of calories they burned to the number of calories in their selected food. Discuss results and talk about the need for physical activity every day. Have students brainstorm what might happen to calories if they are not used for energy.

Variations:

1. Instead of playing tag games, you could set up various stations throughout your teaching space. Station ideas include rowing machines, rope jumping, jumping jacks, etc.
2. This lesson could be used with higher grade levels. Reading and evaluating nutrition facts is usually a part of high school Health classes, and this could be an interactive lab for students.

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