

Plant Part Hopscotch

Objective: Children will be active while reviewing the Six Plant Parts



Supplies: Chalk or masking tape, a beanbag (such as a zipper-lock bag filled with dry edible beans) or a “place marker” of some type

Location: Outside on the sidewalk or other cemented area or in a gym or wide hallway (use masking tape)

- *Do you know how to play hopscotch? Playing active games, such as hopscotch, is a fun way to be physically active. Jumping strengthens your bones and muscles, too.*
- *Today we will combine hopscotch with a review of the six parts of a plant! Do you remember all 6?*

Roots Stem Leaves Flower Fruit Seeds

Directions

- Before the activity: Draw a hopscotch pattern on the sidewalk outside. You also can use tape to draw a hopscotch pattern if you are indoors. In each square, list a one of the 6 plant parts.
- Use a beanbag to throw onto a square.
- Before the participant “hops” he/she needs to call out a food we eat that comes from the part the plant written on the square containing the bean bag. The participant jumps **over** that spot.
- The participant will continue jumping from square to square, calling out different foods from the identified plant parts with each hop (carrot, broccoli, beans, celery, carrots, apples etc).
- If the participant gives an incorrect answer, he or she gets a second chance at naming a food.
- At the end of the hopscotch, the person turns around and hops back, pauses and picks up the beanbag and then finishes.
- Then the next player takes a turn at trying to get the beanbag in another square.

Source: <https://www.ag.ndsu.edu/publications/health-fitness/activities-to-promote-healthy-nutrition-and-physical-activity-habits-among-children#section-63>