

PE Week 3  
Lesson: Seek and Find  
(for ALL grades K-6)

## **SEEK AND FIND**

This is an active lesson, outdoors is best, but at your home.  
Some celebrate Easter, some don't, but it doesn't matter, this is a great time to have fun with nutrition and exercise.

1. If your parents can and are willing to make hard boiled eggs, learn how to cook with them. If that's not possible, using a small piece of paper for the exercise part is fine.
2. Take the boiled eggs when cool and finished, write down on say 5 eggs to start with a marker, a number for each egg, 1-5. If not eggs, the number on the paper. Put the eggs in a baggie so they stay clean, although there is a hard shell anyway.
3. Have someone hide the eggs, see how long it takes to find them, and do it as fast as possible, you should be running around trying to find as fast as possible. Write your time down, or your parents for the smaller kids. Do the same if you are your only using a piece of paper.
4. Now, ask that person to hide them again, but mix the numbers up, so there in same hiding place, with different number in each place. Try to find them again, but now you must find in order of 1, 2 3 4 5. You must leave it there if it's not the right number, until it's time to find that number.

*\*\*For older grades, if 5 eggs or pieces of paper is too easy, use more, maybe 6-8 eggs/paper.\*\**

You can do this a few times, see how long it takes each time, it's fun yet challenging.

For the nutrition part, go inside and wash the eggs, and eat them! Did you know, you better know because you have heard me say this many times, eggs are the worlds perfect food. Don't eat the paper unless you're a termite.

Have fun, get the heart rate up. For my older kids, remember how I taught you to take your pulse (heart rate). Radial artery, thumb side (remember RIGHT angle, the R is first letter in right, RADIAL.) See how high your heart rate is scrambling around looking for the eggs/paper.

Please leave input on this, was it fun?

-Coach Canuel