

Objective, Step #, and Activity	K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Other
Underhand Strike							
2	Don't Forget the Fruits and Veggies						
3	Food Group Points						
4	Veggies in Space						
5	Food Group Strike						

Underhand Throw							
1	On-the-Go Fruits and Veggies						
3	Fruit and Veggie Scramble						
5	Food Freeze Tag						
7	Don't Break the Eggs						
7	Toss for Veggies						

Use of Space							
2	Germ Tag						
5	Food Group Tag						
5	Breakfast, Lunch, and Dinner Relay						

Vertical Jump							
2	Jump for Health						
5	Fruit of the Room						
6	Jump for Five						
7	Jump and Thump (Spilled Milk)						

Walk							
3	Five Juicy Apples						
4	Walk Like a Food Groupie						
6	Grocery Shopping						

ADDITIONAL TIME SPENT TEACHING HEALTHY LIFESTYLES OUTSIDE THE ABOVE LESSONS

I communicated with students, parents or colleagues about physical activity or healthy eating/nutrition for a total of _____ hours

If you have any questions regarding this EPEC form please contact:
Vicki Ott

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Phone: 517-335-9817

Michigan Department of Community Health
109 W. Michigan Avenue, Suite 6-05
Lansing, MI 48913



EPEC Monthly Activity Log for the SPLASH project

Teacher Information:

Teacher Name: _____

Email: _____

County: _____

School District/Name: _____

School Building/Name: _____

Signature (*blue ink*): _____

Date (*blue ink*): _____

Supervisor Information:

Name: _____

Signature (*blue ink*): _____

Date (*blue ink*): _____

Directions: Each time you teach one of the activities listed, place a tally mark in the appropriate column. Use the "other" column to record use of the activities in split grade levels, Pre-K, or special education classes. Teach these activities as many times as you can throughout the month.

Objective, Step #, and Activity	K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Other
Ab/Low Back Strength							
6	Movin' Down the Line						
7	Enough is Enough						

Aerobic Activity and Fitness							
1	Healthy Snack Start-and-stop						
2	Animal Walk						
3	Food Moves						
4	Fruit/Veggie Transport						
5	Moving Food Groups						
6	Bathroom Tag						
6	Get All five						
7	Make-a-Meal						
8	Colors of Fruits and Vegetables						
9	Food Group Station Aerobics						
9	Food Group Relay						
10	Pizza Game						
11	Grain Train						
12	After-the-Mile Healthy Drink						
13	Milk Walk						
14	Count the Germs						

Arm/Shoulder Strength							
3	Hanging Around						
5	Gulf-and-Go Relay						
7	Crab Soccer						

Batting							
3	Let's Twist Again						
6	Hit It Out of the Park!						
8	Batting for Milk						

Beneficial Effect of Physical Activity							
5	Temperance Tag						
8	Be Active; Eat Healthy						

Best Effort							
2	Wash Your Fruit						
3	Farmers Field						

Body Parts/Actions/Planes							
1	Aiken Drum						

Catch Fly Balls							
6	Color Your Plate!						
7	Fish Market						
7	How Much?						

Catch Rolling Balls							
1	Ready for Fruit Salad						
6	Food Group Ball Control						
8	Half Should be Whole						
9	Star Roll and Catch						

Objective, Step #, and Activity	K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Other
Compassion for Others							
2	Food Group Toy Pass						
3	Speedy Food Search						

Constructive Competition							
1	Colorific My Pyramid!						
3	It's Veggie-licious!						

Cooperation							
2	Pass the Fruits and Vegetables						
3	Transport the Fruits and Veggies						
4	Take Five						

Following Directions							
1	Fruit and Veggie Relay						
2	Wash Your Hands Relay						
4	Healthy Snack Hunt						

Foot Dribble							
2	Double Dribble Tag						
5	Breakfast Dribble						
8	Soccer Basketball						

Forehand Strike							
6	Healthy Snack Hits						
8	Whole Grain Strike						
9	Go Lean with Protein						
10	Safe Tigers						

Gallop							
1	The Fish Market						
1	Help Cookie						
2	Fetch a Pail of Water						
3	Riding the Range						
4	Galloping Guys and Gals						
5	The Winning Choices						
5	Home Delivery!						
6	Tina and Tommy's Noodle Soup						

Hand Dribble							
1	Mash the Potatoes						
2	Food Group Bounce						
5	Snack Choice						
7	Find the Fruits and Vegetables						

Hip/Low Back Flexibility							
4	Flexibility Freeze Tag						
8	Leg Writing						
9	Fruit and Vegetable Trivia						

Hop							
1	Priming the Pump						
3	Farmers' Market Hop						
4	My Pyramid Relay						
9	Snack-Time Relay						

Horizontal Jump							
1	Crouching Farmer, Hidden Veggie						
4	Fruit Baskets						
6	Apple Pickin'						
7	Rabbits in the Garden						

Objective, Step #, and Activity	K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Other
Instep Kick							
3	Fruit and Veggie Fetch						
6	Targeted Food Groups						
6	Kick for Calcium						

Leap							
4	Food Groups a'Leapin'						
5	Finicky Food Freaks						
7	Spell the Word						

Lift and Carry Posture							
1	Gift Giving						
2	Picnic Time						
6	Harvest Time						

Overhand Throw							
1	Fruit and Veggie "T" Toss						
2	Hungry Sharks						
3	Shopping Baskets						
3	Fruit Smash						
4	Make a Fruit Smoothie						
5	Vegetable Freeze						
6	Poster Targets						
7	Day at the Fair (Food Hoop)						
8	Vegetable Soup						
9	Food Toss						

Respect for Others							
1	Respect for Foods, Too!						
2	Kryptonite Tag						
3	Restaurant Fruit and Veggie Relay						

Responsibility							
2	Serving the Meal						
3	High Energy, Low Energy						

Run							
2	Fruit/Veggie Upset						
3	Mooving for Milk						
4	Meat'n Beans						
5	Eight a Day						
7	Germ Free						
8	Food Fences						

Self-Control							
1	Make the Healthy Choice						
2	Different Tastes						

Skip							
1	Parachute, What's Cooking?						
2	Marching in the Band						
4	Food Group Scramble						
6	Be Healthy						
6	Shopping Cart Relay						

Slide							
1	Fruit-and-Veggie Slide						
3	Scrambled Leggs						
4	Healthy Snack Tag						