

Purple Olympics

Purple Olympics is a body and mind challenge that is also a fundraiser. The playground will host six stations representing the four areas of healthy living: nutrition, physical activity, sun safety and tobacco prevention.

The stations:

1. Nutrition – at this station the students learn fruit and vegetable servings and how to read food labels.
2. Physical activity (2 stations) – active games such as jump rope, hula hoops, jogging in place and stretching
3. Sun Safety – showing students the effects of the sun by using a magnifying glass, cotton ball or straw.
4. Tobacco prevention – asking students to hold their nose and breathe through a straw to replicate the lung capacity of a smoker.
5. Timed word scramble

Different activities are required to get the students from one station to another such as:

1. Hop on one foot
2. Skipping
3. Walking backwards
4. Dribbling a basketball or a soccer ball

