

# Grow into learning with school fruit and vegetable gardens!

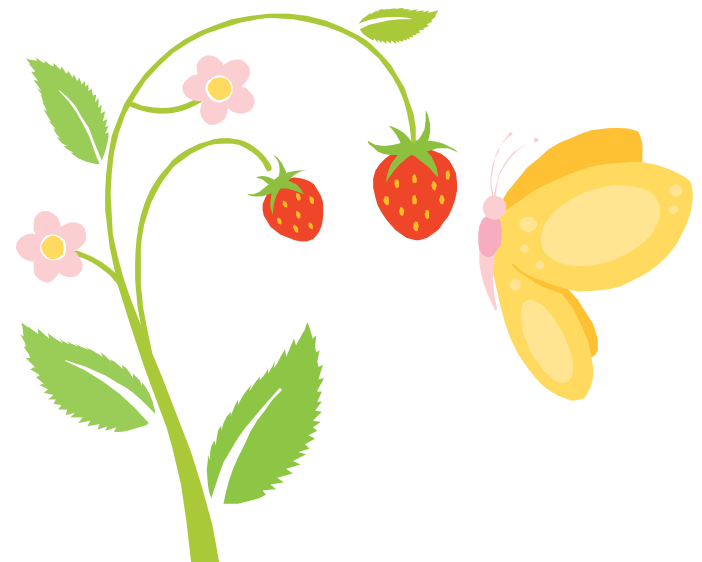
Vegetable and fruit gardens in classrooms and schoolyards help teach crucial concepts to students. This document includes a correlation to the Florida Next Generation Sunshine State Standards for **Physical Education**, with examples of activities leading the way.

By choosing to use your school garden or growing classroom to integrate **Physical Education**, you are ensuring success by giving students a context in which to apply these concepts. Research shows an increase in the consumption of fresh fruits and vegetables, increased outdoor exercise, and improved classroom management and attention when curriculum is integrated into a school garden project.



This symbol denotes a sample activity that would meet the benchmarks underneath. Each table is divided by grade, to show how this activity would apply throughout a K-12 curriculum.

For more information on creating a school garden, curriculum resources, and success stories, please visit the Florida Department of Education, Office of Healthy Schools, [School Gardens Website](#) or call 850-245-0480.



## Physical Education



**Review safety rules in the garden, including: behavior with others and with plants, tool safety, wearing sunscreen, staying hydrated, harvesting only those leaves and fruits that the teacher suggests, washing produce thoroughly before eating, and the difference between edible and inedible parts of the plants. Review the consequences of not following these guidelines.**

Benchmark	Description	Grade Level
PE.K.C.1.2	Recognize physical activities have safety rules and procedures.	K
PE.K.C.1.7	Identify personal and general space.	K
PE.K.R.1.3	Use equipment safely and properly.	K
PE.1.C.1.2	Identify safety rules and procedures for selected physical activities.	1
PE.1.R.1.3	Follow directions during a large group activity.	1
PE.1.R.1.4	Use equipment and space safely and properly.	1
PE.2.C.1.2	Understand safety rules and procedures for selected physical activities.	2
PE.2.R.1.4	Handle equipment safely by putting it away when not in use.	2
PE.2.R.2.3	Begin to function as a member of a cooperative group.	2
PE.3.C.1.2	Understand the importance of safety rules and procedures in all physical activities.	3
PE.4.C.1.2	Understand the importance of safety in all physical activities, especially those that are high risk.	4
PE.4.C.1.4	Understand the importance of protecting parts of the body from the harmful rays of the sun.	4
PE.6.C.1.3	List the three different types of heat illnesses associated with fluid loss.	6
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	6
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that apply to specific physical	6

	activities.	
PE.6.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	6
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	7
PE.7.R.1.4	Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.	7
PE.7.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	7
PE.8.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	8
PE.8.R.1.3	Demonstrate responsible behaviors during physical activities.	8
PE.8.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	8
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.	9 - 12
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.	9 - 12
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.	9 - 12
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	9 - 12



**Engage students in seasonal garden maintenance activities, working together in partners or small groups. Include an explanation for which activity belongs with which season. For example, in the beginning of the school year, help keep the garden healthy by working with a partner to fill small buckets of compost, and bringing it to the garden beds to prepare for planting seeds. Once seeds are planted and plants are sprouting, cover them with hay to keep weeds down. In the fall and spring, harvest the fruits and vegetables. In the late spring, put the garden to bed for the summer by covering it with more hay. Discuss the muscle groups affected by each of these activities.**

Benchmark	Description	Grade Level
PE.K.R.1.4	Identify sharing with a partner as a way to cooperate.	K
PE.1.L.2.1	Describe the benefit of strengthening muscles.	1
PE.1.R.1.2	Appreciate the benefits that accompany cooperation and sharing.	1
PE.2.L.1.4	Describe how opportunities for participation in physical activities change over the seasons.	2
PE.2.R.1.1	Play and cooperate with others regardless of personal differences such as gender, skill level, or ethnicity.	2
PE.3.R.1.1	Work cooperatively with peers of differing skill levels.	3
PE.3.R.1.4	Cooperate with all class members by sharing and taking turns.	3
PE.3.R.2.4	Appreciate the good performance of others.	3
PE.4.L.2.1	Identify the muscles being strengthened during the performance of specific physical activities.	4
PE.4.R.1.2	Regularly encourage others and refrain from put-down statements.	4
PE.4.R.2.1	Recognize physical activity as a positive opportunity for social and group interaction.	4
PE.5.R.1.1	Recognize the positive attributes that individuals of varying gender, age, disability, race, culture, and skill level bring to physical activities.	5
PE.5.R.1.3	Work productively with a partner to improve performance.	5
PE.6.M.1.5	Perform movements using a variety of equipment which lead to improved or	6

	maintained muscular strength and endurance.	
PE.7.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	7



**Discuss the health benefits of eating fruits and vegetables from, and helping to take care of the garden. Identify which food groups come from the garden. For an extension, have students research the long-term benefits for participating in gardening.**

Benchmark	Description	Grade Level
PE.K.L.2.6	Differentiate between healthy and unhealthy food choices.	K
PE.1.L.1.5	Identify the health benefits of physical activity.	1
PE.1.L.2.8	Name the food groups.	1
PE.2.L.1.5	Describe healthful benefits that result from regular participation in physical activity.	2
PE.3.L.1.3	Identify lifestyle changes that can be made to increase the level of physical activity.	3
PE.6.R.2.2	Recognize the potential benefits of participation in a variety of physical activities.	6
PE.7.L.1.4	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote effective stress management.	7
PE.7.R.2.2	Identify the potential benefits of participation in a variety of physical activities.	7
PE.8.R.2.2	Describe the potential benefits of participation in a variety of physical activities.	8
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.	9 - 12
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.	9 - 12
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.	9 - 12



**Create an after school or extracurricular Environmental Club that helps to maintain the garden.**

Benchmark	Description	Grade Level
PE.3.L.1.2	Demonstrate involvement in physical activities both during and after the school day.	3
PE.4.L.1.2	Demonstrate involvement in physical activities both during and after the school day.	4
PE.5.L.1.2	Demonstrate involvement in physical activities both during and after the school day.	5
PE.6.R.2.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	6
PE.7.R.2.1	Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	7
PE.8.R.2.1	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	8
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.	9 - 12



**Provide students with a simple guide for starting a container or raised bed garden at their home, using the skills they gained during their experiences in the school garden. If there are community gardens or opportunities to volunteer at local farms nearby, provide this information to students interested in building their skill set.**

Benchmark	Description	Grade Level
PE.3.L.1.4	Identify opportunities in the school and community for regular participation in physical activities.	3
PE.5.L.1.3	Implement lifestyle behaviors to increase physical activity.	5
PE.6.L.1.3	Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.	6
PE.7.L.1.3	Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.	7
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.	9 - 12
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	9 - 12