

Coordinate a School wide Wellness Program with Fitness4Life Elementary

Session 108 - Tuesday, April 23, 2013: 8:00 AM-12:00 PM

Half-day In-depth Conference

Presenters

Dr. Laura Borsdorf, Ph.D., is a Professor in the Exercise and Sport Science Department at Ursinus College, Collegeville, PA. She received her Ph.D. from Arizona State University, and studied under Dr. Charles B. Corbin. She has been working with Dr. Corbin on Fitness for Life programs since their inception, and is a NASPE instructor trainer for the Fitness 4 Life programs, and the Physical BEST and Fitnessgram programs. Dedicated to the profession and to ensuring all practitioners are trained in best practices, she secured a \$125,000.00 Center for Disease Control grant in conjunction with the PA Department of Education to develop and disseminate programs and curriculum geared at increasing physical activity and decrease obesity and other hypokinetic diseases within the PA K-12 SCHOOLS. Additionally, in her role as President of the PA Association of Health, Physical Education and Dance (PSAHPERD), she developed and implemented “Tools for Teachers Workshops” that help teachers learn how to utilize technology and the newest resources available in their programs. Dr. Borsdorf philosophy is that staying fit should be fun! Contact: lborsdorf@ursinus.edu

Dr. Debra Ballinger, Ph.D., is an Associate Professor in the Physical Education Teacher Education Department at East Stroudsburg University of PA. She received her Ph.D. from Arizona State University, which is where she and Laura first met. She is also a NASPE instructor trainer for the Fitness 4 Life programs, and the Physical BEST and Fitnessgram programs. Also focused on best practices in teaching fitness, Dr. Ballinger secured two U.S. Department of Education PEP grants while at the University of Rhode Island to train K-12 teachers on the use of Fitnessgram, Physical BEST, pedometers, and HR monitors. She has authored numerous manuscripts on goal setting, fitness education, and best practices in teaching physical education. She is a former President of EDA-AAHPERD, and of VA AHPERD, and is a life member of AAHPERD, and a fellow of the North American HPERSD professionals. Contact: dballinger@esu.edu

Abstract

During this workshop, attendees will participate in Fitness4Life Elementary School activities and receive a program overview of exciting ways to integrate health and physical education into the whole school. Participants will enjoy learning fun routines to enhance fitness and healthy eating. They will sample a Wellness Week, and learn how to use the materials in a Coordinated School Wellness program through a program that integrates 4 Wellness Weeks into the school program. Classroom activity routines for K-6 teachers will be presented, along with auxiliary signs, assessments, and homework sheets. School newsletters samples will be distributed. Physical Education and Health lesson plans and templates will be explained and sample activities will include participation of attendees. Methods for integrating playground activities, school lunchroom special events, and Wellness Week themes will be covered. This workshop is an excellent way to learn about best practices for taking physical education into the classroom, the home, and the community.

Purpose:

To provide elementary health and physical educators with educational and enjoyable ideas and activities that address national mandates for school wellness policy planning through the use of the new *Fitness for Life: Elementary School* * program, philosophy and materials.

Warning – songs, materials protected by copyright laws. ***NO phones, cameras, or recordings during this workshop!***

**** Corbin, Le Masurier, Lambdin & Greiner, 2010***

Learning Outcomes:

- To address the importance of comprehensive school wellness, and to provide examples of best practice to integrate wellness into the whole school, the Fitness4Life Elementary School program materials will be demonstrated in detail.
- Participants will learn how to implement the year-long program through 4 Wellness Weeks integrated into the school program.
- Classroom activity routines for K-6 teachers will be presented, along with auxiliary signs, assessments, and homework sheets.
- School newsletters samples will be distributed. Physical Education and Health lesson plans and templates will be explained and sample activities will include participation of attendees.
- Methods for integrating playground activities, school lunchroom special events, and Wellness Week themes will be covered.

Objectives: Participants will be able to:

1. ...conduct Wellness Weeks in their own schools, using the *Fitness4Life* materials to guide content presentation.
2. ... value the use of music, technology, and collaborative school wide wellness activities as viable educational and fun strategies to improve fitness and nutritional habits of K-6 learners, classroom teachers, and members of the school community.
3. ... experience the fun and excitement of “*T.E.A.M.*” Time – a school-wide wellness week experience
4. ...be provided an overview of the new *Fitness for Life: Elementary School* program
5. ...recognize the contributions the FFL-ES can make to a Comprehensive School Wellness program
6. ...identify the characteristics and role of the School Wellness Coordinator
7. ...discover developmentally appropriate Health and Physical Education activities to implement in a wellness week
8. ... conceptualize how they can meet national wellness week mandates without jeopardizing existing quality health and physical education programs in their schools

Overview of Materials from Workshop Include

Team Time 1 (for Wellness Week #1)

School Walk – Instructional – shows how to conduct

Team Time 2 - Big Kids Lead – (5-6th grades) Wellness Week – Get Fit Friday #2

Big Kids Lead – Instructional (samples)

Warm Up – Then Big Kids Lead – “Colors” – Cool Down

Cheer – “Stay Active, Eat Well YES!”

Team Time 3 – Little Kids Lead (K-2) Wellness Week - Get Fit Friday #3

*CYIM FIT Cheer – Stay Active, Eat well, “yes”!

Instructional – Kindergartners – “We Get Fit”

Team time 4 – Week 4 – Mid Kids Lead – 3rd & 4th graders.

Hawaain Surfing Activity, Chant, Messages, Sample Activities

Messages, Routines, Sample Signs, Sample Activities, Newsletters

SUMMARY

- Schools with a federally funded lunch program must have a wellness plan.
- Fitness for Life: Elementary School can be a major part of your school’s plan.
- Coordinated lessons, activities, videos, and resources mean total school involvement.
- Complete plans allow for easy implementation Catchy, fun, educational
- Warning – songs, materials protected by copyright laws.

Sample: Kindergarten PE Lesson
Warm Lesson 1 (p. 31 in Teacher's Guide)

Objectives: TSW:

- Demonstrate a variety of locomotor and animal movements
- Practice moving to music
- Explain why fruits and vegetable are good for their bodies.

Equipment

- CD player (CD music track 13) continuous
- TV, DVD player, and DVD 1
- 8-10 cones
- 2 each colors of beanbags: red, yellow, blue, purple, and orange
- 6 green bean bags

Resources:

At a Glance PE Lesson Plan card

Animal Antics activity cards

Signs:

- Be active your way every day!
- Eat the rainbow way; every color, every day!

Chants:

“How many Fruits and Veggies today?

Five to nine, every day!

Instant activity: Move and Freeze

Teachers come into space using teacher-designated locomotor skill, such as skipping, galloping or sliding in open space, staying inside the designated activity area.

On signal – FREEZE in an athletic positions (knees bent, shoulder width apart, hands on knees, eyes on me) (under 5 seconds, in control, ready to listen)

Fitness Activity – Animal Antics:

“Animals move in so many ways. Animals move every day! Humans are animals that need regular activity. Let's get some activity by moving as if we were animals.”

Put cards at cones.

Student begins at any cone...look at the animal, perform that animal movement en route to another card/cone.

Move to each station – use pinpointing and praise for creativity

Comprehension Check:

Which animal movement made your arms stronger?

Which animal movements stretched your muscles?

Could someone show me an example of another animal movement (not on cards)?

Extensions: create more cards...use different themes or animals by region (swamp, jungle, etc.)

Have student create their own cards (older students) in art or at home.

Video routine – Lesson focus:

“Next week is Wellness Week 1. During WW1 we will be learning about physical activity, fitness, and healthy nutrition. Today we are going to practice the video routine you will be performing in your classroom during WW1. This video routine is fun and will challenge you to move to music.”

Insert DVD 1 – Exercise on the Farm (First grade – some more; second grade Get Fit)

Follow routine.

Help students where they are having trouble before playing again.

Do video again.

Culminating activity

“Fruits and vegetables give you energy, help you grow, and can keep you healthy and well. Fruits and vegetables are full of energy and vitamins that help your body fight off illnesses like colds and flu – that’s one reason to eat at least 5 serving of fruits and vegetables every day. Let’s play a game that uses fruits and veggies to keep us healthy and moving.”

6 players get green bean bags...they are infectious germs and “it”

Begin in middle of gym.

Give out other colored bean bags – students can name them as fruits and veggies

On signal, “it” tries to infect as many non-fruit and non-veggies as possible by tagging them softly.

When tagged, must freeze as a “sick” or “tired person”, until tagged by a fruit or veggie carrier...handing them the bean bag and saying the first part of the chant:

“How many fruits and veggies today?”

Infected player says:

“five to nine every day!”

They then become the fruit or veggie, and try to save another infected person.

Play about 1 minute, then change “it”.

Closure: (Assessment)

“What is the name of the video routine we learned today?” (Exercise on the farm.)

**“What do fruits and veggies have in them that help your body grow, move, and stay healthy?
(Energy & Vitamins)**

“Can you describe how your body felt during one of the activities?”

“Share your favorite fruit and favorite veggie with your neighbor.”

Take it home:

Try one new animal movement and one new fruit or vegetable before next class!

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