

Terrace Elementary Fitness Club

Purpose:

The purpose of the Fitness Club at Terrace project is to promote health and physical education among students. The club will help students drink more water and increase daily physical activity. The club will also promote good sportsmanship, healthy behavior, increase fitness awareness, and minimize obese related diseases.

Questions:

- How long is student lunch?
- How much time does the Power program last in the afternoons.
- Can the school notify parents about children participating in the fitness club?

Objectives:

- Students who win competitions will get a trophy/medals.
- Students who stay consistent with the club activates will get a certificate.
- Program or activity leaders can create a flyer and a consent form to send home for signature.
- Teachers will take 5 to 10 minutes of exercise break during class. For example, use the time students take to walk to the cafeteria as exercise time. Teachers can include 5 to 10 minutes of exercise during class. This can be used as a short break or transition between lessons.
- Students will increase their daily physical activity by 5 to 10 percent.
- Fitness club leaders will use a sign-in sheet to monitor program retention and student improvement.
- The fitness club leader will promote after school activities. For example, track a marathon or regular exercise – Start now to build up headcount. Also, reach out to marathons and 5k runs in the area.

Recommended activities:

- Promote a track team that involves K-6th grade.
- Promote the half marathon and 5K Run.
- Introduce activates from the fitness gram study guide.
- Include exercise that involves agility test and upper body rotation.
- Repeat the stand-up sit down song 2 times and do the actions - Teachers can change the words of this song. For example, include times table, roman numerals or vowels.
- Have students do exercise while standing in line – For example, stretch and rotation exercise.
- Have students march instead of walking to the cafeteria. For example, march in place for five counts then step forward.

Suggested people to involve:

- Activity leaders can assist teachers with line instructions during lunch.
- Teachers can include fitness activities in daily in-class activities.

Estimated timeline:

- January to June 2020.

Outcome:

- Students will increase the amount of exercise done in one day.
- Students will become familiar with the benefits of exercise.
- Students will be rewarded for wins and outstanding participation.
- Students will increase pushups by 5 to 10 percent by June 2020.

Evaluation:

- Teachers and activity leaders can observe students' activity during the club.
- Collect fitness gram data in August 2019 and June 2020.
- Use pictures and videos to show students in action.
- Use an activity log to record students' participation.

Fitness club supplies:

- Water bottles – Use water bottles until water fountains are installed on the school campus.
- Mini cups
- Infused water – Add fruits and vegetables to water
- Design and print certificates
- Design and print consent forms
- Sport-related trophies/medals

Recommendations

- Add the school logo
- Include the Kern Family Health Care logo.

Sample Documents:

Terrace Elementary Fitness Club Consent Form

A paragraph explaining activities, times, and dates.

Yes: _____ No: _____ If Yes explain: _____

Paragraph about medical limitations.

Yes: _____ No: _____ if yes explain: _____

A paragraph asking for waver in case there is any accidents.

Yes _____ No _____

Students Name: _____

Name off School: _____

Parents Name: _____

Parents Signature: _____

Terrace Elementary

*Certificate of
Award*

For outstanding participation

RECIPIENT NAME

This contribution is granted for Terrace Fitness Club. This program is paid for by Kern Family Health Care.

Principal

Date

