

Indoor Physical Activity/Fitness Events



After School Game Challenge

Location

Monrovia Middle School
Monroe-Gregg School District
Monrovia
www.m-gsd.org
317.996.2352



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

Students gathered in the school gym after school and were divided into four groups. There were two games set up and eight teachers were assigned to assist. Game one was 'energy in vs. energy out' and game two was 'search and rescue to make a healthy breakfast'. Students were given instructions and a review of the concept of energy in vs. energy out. When the games started, so did the FUN!!! After about 20 minutes, groups switched activities so each student was able to play both games. At the end of the event students were asked to sit in the bleachers and water was distributed. Students, middle school teachers and high school cadet student teachers all had fun!!!

Best practice tip:

Teachers can be your best promoters. The sixth grade teachers at Monrovia Middle School promoted this event in their classrooms and their students were the most enthusiastic about attending the event.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

How Far Can We Go?

Location

James B. Eads Elementary School
School Town of Munster
Munster
www.munster.k12.in.us
219.836.8635



Indoor Physical
Activity/Fitness Events

Icons Present:



1 LOW

What we did:

Twenty-five pedometers were purchased, one for each classroom. Eventually each child in the classroom wore the pedometer for a full day. Each classroom tracked the day's steps and recorded all steps from each student. The classroom turned in their weekly log to one 5th grade class for steps to miles calculations.

A previously purchased USA map was secured on the wall in the school's commons area. Each week the 5th grade class calculated the miles traveled by all students with the question: *Can we walk to Disneyland in California or to Disney World in Florida by Spring Break?* Periodic announcements would praise a classroom for adding more steps into their day and communicate which state their imaginary walking had taken them. Just before spring break the school celebrated: **We made it to Disneyland California !!**

Best practice tip:

Physical activity can be combined with other academic achievement. The 5th grade class was able to incorporate this activity into mathematics.



Staff/Student Volleyball Competition

Location

Franklin Community Middle School
Franklin Community School Corporation
Franklin
www.fcsc.k12.in.us
317.346.8400



Indoor Physical
Activity/Fitness Events

Icons Present:



1 HIGH

What we did:

Franklin Community Middle School hosted an all-school month-long volleyball tournament which culminated with a playoff match between the winning 7th and 8th grade student teams followed by a match between the 7th and 8th grade teachers. The winners of these matches played each other. EVERY student had the opportunity to play in at least one match throughout the tournament. During the playoff matches the school band played while the rest of the student body cheered for their classmates. The school superintendent, a representative of the county parks department and a former Franklin College basketball player also played in one of the matches. The local newspaper featured the event in an article. Following the event, all students were given the opportunity to taste a low-fat dairy frozen snack. The school plans to make this an annual event.

Best practice tip:

Offer events that engage all students no matter their physical abilities. Students from teams that were eliminated early on in the tournament still had the chance to support their classmates during the playoff match, whether it was on the sidelines cheering or playing in the band.



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

Speed and Agility Circuit/Food Tasting

Location

Covington Elementary School
Covington Community Schools
Covington
www.covington.k12.in.us
765.793.2254



Indoor Physical
Activity/Fitness Events

Icons Present:



2 MED

What we did:

A circuit course was offered four times throughout the month of February. Staff members and high school students provided supervision at each station (jump rope, agility ladder, dot drill mat, line jumps, plyometrics, and fitness steps). Students completed an activity, rested 10 seconds and repeated the activity for a total of six rounds before moving to the next station. Once the physical activity was completed the students tasted various kinds of cheese, whole grain crackers, hummus, pineapple, and grapes. Bottled water was also provided.

Best practice tip:

Document your success. Students who participated in the circuit and food tasting were asked to fill out a questionnaire. Responses were positive and indicated they would participate in the event if it was offered again.

Students at Shoals Elementary School (Shoals) participated in a “journey around junk food” circuit that emphasized choosing healthy snacks while avoiding less healthy snacks. They also listened to a presentation on dairy foods, assembled fruit and yogurt parfaits, and prepared spinach mozzarella wraps. One second grader commented, “I didn’t think I would like the spinach wraps, but I did! I made them for my family and they loved them too!”



March Madness Challenge

Location

Custer Baker Intermediate School
Franklin Community School Corporation
Franklin
www.fcsc.k12.in.us
317.346.8600



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

Each team in the NCAA tournament was assigned a physical activity challenge. Students would perform the challenge assigned to the winning team. Students had to do the challenge at least once each day until the next game was played. For instance, when Purdue won the students would do 25 jumping jacks, if Florida State won student would do 20 toe touches, if Vanderbilt won the students would shoot baskets for 10 minutes, etc. This activity went on through the month of March in conjunction with the March Madness tournament.

Best practice tip:

Tie events into activities students are already following. This was a particularly successful event since basketball is such a popular sport in Indiana. Because it was ongoing and the students love basketball and tournament time, keeping up with the teams, games and wins was something they already did. Incorporating the challenges became easy and no one lost interest because they all wanted to follow through to the final winner.



Sink or Swim... Stay Afloat With Proper Nutrition and Exercise

Location

Shelbyville Middle School
Shelbyville Central Schools
Shelbyville
www.shelbycs.org
317.392.2505



Indoor Physical
Activity/Fitness Events

Icons Present:



1 MED

What we did:

This was a two-part event for 6th graders. Students stayed after school one day for a special open swim in the pool. A healthy snack was offered after the swim. The following morning a Purdue Extension Educator spoke during a convocation on low fat dairy foods called "3-A-Day to a Healthier You". Breakfast was provided to the entire student body.



Best practice:

Coordinate with janitorial staff when events are offered in which extra support might be needed. Since the breakfast was available to all students this required more manpower and coordination than usual.

A to Z Challenge And Homemade Pizza Party

Location

Jefferson Intermediate Traditional School
South Bend Community School Corporation
South Bend
www.sbcsc.k12.in.us
574.283.8700



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

The A to Z challenge was a physical activity challenge in which students were challenged to do a physical activity that corresponds with each letter of the alphabet. As an example, A would be for aerobics class, B for basketball, etc. Students had to document the type of activity, the time when they participated in the activity, the location, and then have an adult witness and sign off on it. Participants had a month to complete the challenge, and those who completed the challenge participated in homemade pizza party. During the pizza party students made their own “pies” and were encouraged to try different toppings like chicken, black beans, mushrooms, and vegetables.

Best practice tip:

Keep the length of the activity appropriate for the age group. One month was the perfect amount of time for this activity. Students were challenged, but did not lose interest in participating.



Daily Morning Exercise/Stretches

Location

North Vernon Elementary School
Jennings County School Corporation
North Vernon
www.jcsc.org
812.346.4903



Indoor Physical
Activity/Fitness Events

Icons Present:



1-2 LOW

What we did:

In addition to the usual daily announcements of birthdays, citizenship pointers and pledges, each week in November North Vernon Elementary School featured a “healthy mind and body guru”. The “gurus” were the principal, custodian, and cooks. Student announcers explained the benefits of each exercise/stretch and the “guru” demonstrated, while the students and teachers followed their example within the classrooms. 720 students and teachers participated in this activity. Students especially enjoyed watching to see who the next “guru” would be.

Best practice tip:

Offering an activity first thing in the morning may help students to increase their focus and performance during the rest of the school day.



Variations or other helpful tips for walk to school events:

Custer Baker Intermediate School (Franklin) offered one week of “morning wake up” exercises and stretches during daily announcements. The physical education teacher led students in the stretches. The school planned an exercise routine that would not take a lot of space, since students were participating in their classrooms while standing next to their desks.

Clark Middle School (St. John) offered an activity called “Minute Monday and Fitness Friday”. During morning announcements, students were led in fun fitness activities that lasted 1-3 minutes. The ideas for fitness activities were solicited from local gym instructors, personal trainers, and yoga instructors.

Benjamin Franklin Middle School (Valparaiso) held 5 minute classroom workouts during an advisory time period between Thanksgiving and Christmas. Strength building and stretching exercises from USDA’s (Team Nutrition) *Empowering Youth* curriculum, was selected for the workouts. The idea to offer the workouts and the exercises were introduced at a student council meeting. Student Council representatives were instructed on proper exercise technique and served as Exercise Captains. They led their fellow classmates in the exercises each day. Teachers reported that the students participating in the exercises were more focused.

Monrovia Middle School (Monrovia) implemented a morning wellness routine the week before winter break. The principal led the school in stretches and shared a brief wellness tip. Even the support staff participated in the exercises!

James B. Eads Elementary School (Munster) held a classroom physical education challenge for four weeks on non-physical education days. Teachers implemented short cardiovascular and endurance exercises at the student’s desk or in the classroom area. By offering the activities on non-physical education days the concept of participating in daily physical activity was reinforced.



Get Your GAME Face ON

Location

Rockville Jr. High School
Rockville School Corporation
Rockville
www.rockville.k12.in.us
765.569.5686



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

The entire month of November was devoted to this activity. It took place during activity periods for 7th & 8th grade classes. Activity period for 7th grade was on Thursdays from 12:10pm to 12:45pm and Fridays for 8th grade from 12:10pm to 12:45pm.

The Wellness Ambassadors (made up of 7th and 8th graders) came up with the events for the activity periods. They met with the school nurse once a week starting in September and ending in November to plan the activities.

The 1st week of November was the volleyball challenge located in the high school gym. Before the volleyball challenge, students were split up into four groups with 2 volleyball teams and 2 nets. Then the teams rotated into the top 2 winning teams. It was a huge success and every student that was capable of playing did. The Wellness Ambassadors helped with score keeping and did a great job setting up the nets.

The 2nd week they offered a dodge ball challenge similar to the format of the volleyball challenge. The boys seemed to enjoy participating in this activity more so than the girls.

The 3rd week they offered four different challenges in the high school gym. The activities included hoola hoop Houdini, duck duck goose, and knock out (which utilized a basketball and basketball hoop, and volleyball). The Wellness Ambassadors coordinated every challenge and suggested turning music on in the gym. The music was a good idea as students responded positively to this addition. Even the teachers that were present in the gym were laughing and having great time watching the students.

Best practice tip:

Allow students the opportunity to serve in leadership roles and they will have a strong positive influence over their peers. The Wellness Ambassadors at Rockville play a strong role in implementing the wellness initiatives at the school.



ZUMBA[®] and Apple Tasting

Location

Orchard Park Elementary School
Carmel Clay Schools
Indianapolis
www.ccs.k12.in.us
317.848.1918



Indoor Physical
Activity/Fitness Events

Icons Present:



What we did:

ZUMBA[®] was introduced to students via a live broadcast from the media center into each classroom. Several students were called down from their classrooms to help the instructor perform the moves. From the classroom, cheers were heard when a classmate's name was called to assist the instructor. In their own classrooms, teachers also enjoyed participating in the hour-long dance activity. High school and college students came with the ZUMBA[®] instructor to assist students in the classrooms with the dance moves. Many students had never heard of ZUMBA[®] and had fun trying this new activity.

Best practice:

Use technology to your advantage. By broadcasting the activity through the classroom televisions, the students did not have to leave their classrooms to participate.



