

## School Clubs





# Fitness Club and Breakfast Snack

Location

Riverside Jr. High School  
Hamilton Southeastern School  
Fishers  
[www.hse.k12.in.us](http://www.hse.k12.in.us)  
317.594.4160



School Clubs

Icons Present:



1 LOW

## What we did:

This event was held over a two month period and was scheduled every Tuesday & Thursday (girls) or Wednesday & Friday (boys). One to two wellness educators set up the gym with stations for students to improve cardiovascular endurance, muscular strength & endurance, and flexibility. Students participated in a teacher-guided “training session” for 20 minutes. The theme was “Getting Ready for Spring Break”. Educators challenged students with new stations each day. They incorporated medicine balls, towels for weightless lifting, group stretching, yoga, relay races, running, and jumping rope to promote the benefits of physical fitness. Following the workout the students were offered a healthy whole grain breakfast snack and water.

## Best practice tip:

Setting personal fitness goals with a deadline helps keep students motivated. The deadline for the Riverside Jr. High School’s Fitness Club was spring break. Students were given activity sheets to stay active over spring break as well.

Fishers Elementary School (Fishers) also offered a fitness club opportunity for students. This was a new club offered at the school. The enthusiasm displayed by the cafeteria manager and fitness club leader, was inspirational to the students. Several parents and students contacted the café manager with the great news that they received higher Presidential Fitness Test awards than in previous years.

Monrovia Middle School (Monrovia) set aside time with the students to discuss goal setting. The Food Service Director for the school district went to each classroom and spoke with the students about what a goal is and the difference between short and long term goals in relation to nutrition and physical activity. The students practiced setting goals. After goals were set, the principal and several teachers chose goals to be read during morning announcements. Students were excited about the opportunity to have their goals shared with their classmates.



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS

# Walking Club

Location

Jefferson Intermediate Traditional School  
South Bend Community School Corporation  
South Bend  
[www.sbcsc.k12.in.us](http://www.sbcsc.k12.in.us)  
574.283.8700



School Clubs

Icons Present:



1 LOW

## What we did:

Everyone morning before school during the month of September students arrived at the track to walk laps. The number of laps walked each day was documented. At the end of the month the laps were tallied during a celebration which included a healthy breakfast. At least 30 students participated each day (about 18 were regular attendees). Three parents attended regularly and one teacher served as leader for the club. At the end of the month the walkers had walked over 250 miles. Club members developed a sense of belonging and friendships were established.

## Best practice tip:

An early morning walking club is a good activity for students who arrive at school early or who have time after the busses drop them off.

Variations or other helpful tips for walking clubs:

Monrovia Middle School (Monrovia) started an “All Star Walking Club” that met from 7:20-7:40 am each Tuesday during the month of October. A personal invitation to a student to join the club was often enough motivation a student needed to try out the club.

William Tell Elementary School (Tell City) held a “Health for the Holidays” walking club by grade level between Thanksgiving and Christmas. Each grade level was encouraged to walk with the morning walking club and/ or with the after school program. The walking club had always been successful but the number of participants was decreasing. To re-energize the club, the school thought a challenge between grade levels might spark enthusiasm. The after school program participants walk for 20-30 minutes and are supervised by high school students. When students walked, they signed their name on a shoe charm and put it in their grade level’s prize bucket. At the end of the week, the shoes were counted and the grade level with the most participation received a prize. Cafeteria staff treated the winners to a healthy whole grain snack and beverage.

Franklin Middle School (Franklin) participated in a county wide event called “Walks Across Johnson County”. Students, staff, and parents committed to walking 16 miles during the month of October. Miles were logged during and after school. Approximately 770 students and staff were engaged in this activity. The physical education teacher in charge shared her thoughts on the event. “Walking is an easy activity that just about everyone can do. It’s also a lifelong activity. You don’t have to be an athlete to walk.”



# Up and Running Club

Location

Crestview Elementary School  
MSD of Lawrence Township  
Indianapolis  
[www.ltschools.org](http://www.ltschools.org)  
317.964.4200



School Clubs

Icons Present:



1 LOW



## What we did:

Students were encouraged to participate in an after school running program two times a week from the end of October to the beginning of December. Students trained for a 5K race called the Jingle Bell Run held in December. Approximately 22 students participated in this club and teachers served as mentors. Students learned much more than how to train for a 5K. They learned about goal setting and then experienced what it was like to achieve a goal. Students learned how participating in running can provide cardiovascular benefits.

## Best practice tip:

Encourage teachers to serve as mentors for activities they are passionate about. This will inspire students and motivate them as well.



Indiana Department of Education  
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# ReCharge!

Location

Franklin Community Middle School  
Franklin Community School Corporation  
Franklin  
[www.fcsc.k12.in.us](http://www.fcsc.k12.in.us)  
317.346.8400



School Clubs

Icons Present:



## What we did:

*ReCharge! Energizing After-School* is a program designed for students in grades 2 to 6 to learn about and practice good nutrition and physical activity habits. The program was developed in collaboration with the National Football League and Action for Healthy Kids. The *ReCharge!* kit includes lesson plans, equipment, information for families and more.

Franklin Community Middle School (Franklin) offered the program every Tuesday and Thursday for 12 weeks to a group of 25-30 students. On Tuesdays the students engaged in physical activity. Some of the activities were wall climbing, step aerobics, and relay games. On Thursdays students prepared a nutritious snack. After preparing the snack, students completed a handout to reinforce the concepts they had just learned.

## Best practice tip:

Action for Healthy Kids and USDA Team Nutrition have developed physical activity and nutrition-based programs that don't require a lot of planning by teachers and that are not costly to implement.

