Fitness Resources

*The purpose of the following resources is to give you multiple structured options to incorporate fitness into your lives and lessons. These resources can be implemented to help motivate you and your students. Plus, these resources are GREAT behavior management tools!*

**National Institute of Health (2012) stated:**

 **Like adults, kids need exercise. Most children need at least an hour of physical activity every day. Regular exercise helps children:**

* **Feel less stressed**
* **Feel better about themselves**
* **Feel ready to learn in school**
* **Keep a healthy weight**
* **Build and keep healthy bones, muscles, and joints**
* **Sleep better at night**

Kid Fitness DVD

This is located on the staff drive > PE > Kid Fitness DVD. *You can have a DVD if you REQUEST one.* We have given out several over the past few years. Please feel free to burn your own copy or someone else’s. This is the same exercise DVD that many of you have recently tried out in your classes. We used Roxio Creator on our laptops to burn them.

Recess Packs

**You will sign up for recess bags on a First Come – First Serve Basis!** This year, you will “sign-out” the equipment that you receive. As of now, this is a one-time purchase from the Fuel Up to Play 60 grant. Therefore, you will need to be vigilant when collecting and caring for the equipment. Perhaps, you can add this as one of your students’ classroom duties. Each bag will receive a mesh bag, jump rope, frisbee, playground ball, basketball, football, soccer ball, or similar item.

Walking Club

Staff, we will begin promoting our walking club in the mornings from 7:15-7:45. You are welcome to join us, if you can ☺ The days will be Tuesday-Thursday depending on the grade level.

Tuesdays – 5th-4th

Wednesdays – 3rd-2nd

Thursdays – 1st – K/PK

**Please be aware that the students will be reminded to eat prior to arriving in the gym. If the students have morning responsibilities for you during this time, they must touch base with you to work on a possible solution. Student will check in with you FIRST and put their belongings away before coming to the gym.**

**Teachers, please consider allowing students to attend walking club 1 day per week. If they attend, we could hand out “Morning Work Exempt Passes” for that day.**

The walking club will be using incentives for attendance and performance. The students will receive charms on their shoestrings as they reach certain criteria.

Adventure to Fitness

The link is below. Remember to create your own login and password! You MUST use your CCSD email. <http://www.adventuretofitness.com/>

Intelleboost

<http://www.intelleboost.com/access.html>

|  |  |  |
| --- | --- | --- |
| School | Username | Password |
| Fair Oaks | fairoaks | cobbk12 |

Pedometers

Class sets available for you to check out. In addition, we have standards-based lesson plans to coincide with your lessons for each grade level.

*We hope you enjoy your new fitness resources!*

*Coach B²*