

Creating a Culture of Fitness & Wellness with Time & Budget Constraints

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Elementary & Intermediate School Physical Education...in our district

- Once a week (Intermediate 4th–6th) or every six days (Elementary K-3rd)
- Attitude was to “have fun” but no “learning” was taking place
- Fitness and nutrition education were not included in the curriculum
- Kids who were “afraid of the ball” were sitting out or finding ways to limit participation
- It was all about the “athletic kid”...already!

Childhood Obesity & Inactivity...this is not a new conversation...

- Overall 1 in 3 children are overweight or obese
- CDC latest statistics are 17.7% of 6 to 11 year olds are obese
- 20.5% of 12 to 19 year olds are obese
- Low income families have a higher rate of childhood obesity
- 40% of African American and Hispanic children are obese
- The average 8 to 18 year old spends about 7.5 hours a day using entertainment media (TV, computers, video games, cell phones, & movies)
- The impact on children’s current and future health is frightening
- Either kids are involved in year round sports participation...which is often too much and many suffer from overuse injuries OR they are completely sedentary

“Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation (of Americans) that will be less healthy and have a shorter life expectancy than their parents.”

Surgeon General Richard Carmona

Government Intervention, New Standards, State Report Cards...but it all comes down to what is really going on in your school!

- Given the above statistics and what you witness in your school, the time for action is now!
- Accept the Challenge to “Make a Difference”
- Adjust our attitudes from making excuses why something can’t be done to figuring out how to make it happen
- Changing the focus & culture...
 - Get the Kids Moving!
 - I tell the kids that my job description says to “Make the Children Tired”...when they complain that they are worn out...they tell me I’m doing a great job then! ☺
- Get Creative with Scheduling & Programming...while facing the reality that “PE” is still just once a week

Getting Creative with Scheduling & Programming

- The schedule of the teacher before me
- My proposal since I was called on to “make a difference at Schrop...they really need you”.
- I asked & they said yes!
- You never know what they will say unless you ask!
- Think big...get creative...ask more than once...then ask again...reframe the proposal...*they just might go for it!*

Program Within the School Day

- **100 Mile Club & Walking Passes**
 - Classroom teachers have walking passes & children can use these before school, when their work is done, or if they “need a break”
 - Each class has 5 passes
 - Children are expected to walk quietly and respect the classes in session
 - They may talk with friends as long as it is done quietly
 - Students record laps to work toward 100 miles
- **100 Mile Club & Recess Laps**
 - Students may walk “laps” at recess to work toward the 100 mile goal
 - Many students enjoy walking, talking and laughing with friends during recess
- **Yoga** during study halls/academic assist
 - Students may come to yoga once a week during academic assist/study hall if all of their work is completed...the classroom teacher grants permission
- **No Pop, Energy Drink or Coffee Pledge**
 - Students sign a pledge card to eliminate or drastically reduce the amount of pop (soft drinks), energy drinks or coffee they consume
 - We start this about one month before the state testing & discuss with students how your nutrition choices effect your school performance, athletic performance & your overall well being
 - There have been students that take the pledge in 4th grade & never drink pop again!
- **Trail Races**...yes during the day
 - Four times each year students participate in a 1.1 mile trail race on our school property
 - Students compete against others in their grade level
 - The top 5 boys & top 5 girls in each grade earn a t-shirt
 - The boy & girl in each grade who improves his/her time the most earns a t-shirt
 - All students who improve their trail time earn a reward
- **Strength/Fitness Challenges**
 - Twice a year Strength/Fitness Challenges are held to encourage students to exercise/practice the particular exercises for the challenge at home
 - Pre-test are completed during physical education or right after school during the same week
 - Post-test are completed three to four weeks later
 - All students who improve earn a reward
 - The top boy & girl in each grade for each test earn a t-shirt

- **Run-a-thon**
 - Fund raiser held during the school day (1st one this year)
 - Each grade ran/walk for 45 minutes to see how many laps they could complete around the “garden loop”
 - Awards were given for the boy and girl with the most laps in each grade & the student who raised the most money
 - There was also an award for who could get more laps than Mrs. Kern!
 - Any student who raised at least \$10 got their name placed in a drawing
 - Names were placed in the raffle for every \$10 raised
 - Donations were gathered from area merchants, staff, etc.
 - Grand prize was a tablet!
 - We raised \$4500!
- **Jump Rope for Heart**
 - Held during physical education classes for one week
 - Lessons on heart health, good nutrition & helping others
- **Boot Camp Fitness...the favorite**
 - Held during the month of October
 - Obstacle course grows each week
 - Fitness Cadence to teach fitness facts & vocabulary...see attached cadence with assessment questions
 - Tabata Style Warm-ups
 - Camo wear encouraged & pictures taken & displayed
 - Patriotic music played throughout the classes
- **Field Day**
 - Schrop didn't have Field Day before I came...I loved Field Day as a kid...so we brought it back
 - Rotate different themes...this year Olympic is back with the Summer Olympics
 - All students are outside all day!
 - Field Day t-shirts...kids buy these for \$5
 - Teachers & parents help
 - Donations
 - Rotate through stations & lunch
 - Fun, Fun, Fun!
 - More details...email me: sp_kern@springfieldspartans.org
- **6th Grade Valentine Day Dance**
 - 2012 Dance...oh my! Chaos...not controlled!
 - Dance lessons...how to & dance etiquette...
 - Kids learned 8 dances: Cupid Shuffle, Caspar Slide, Cotton Eyed Joe, Macarena, Electric Slide, Bunny Hop, Hokey Pokey, & Chicken Dance
 - 2016 Dance...SUCCESS! Changed the whole plan...PE teacher took over!
 - Kids loved it!
 - Administration & parents were so impressed!
 - I was so proud of the kids!

Before-School Programs

- **Morning Walking Club**
 - 7:15-7:45am
 - Average 35-40 kids
 - Kids earn a t-shirt after 100 miles...eleven so far this year!
 - Current miles = **3308 miles**
 - Reward kids...post & announce "Walker of the Week"
 - Data is so important!
- **Workout Warriors**
 - 7:45-8:00am
 - Average 50-60 kids
 - High intensity workout
 - Kids come straight off the bus or right from Walking Club
 - Tabata Style workouts...presenting on this also...so see session notes for "Before School HIIT for Intermediate Age ED & Other Students"

After-School Programs

- **Fall Running Club**
 - September-November
 - 10-12 Weeks
 - 4 days a week
 - First year 2011...100+ kids
 - This year 2015...200+ kids...I dared to ask....
 - This fall **4661 miles!** Girls: 2331 miles. Boys: 2330!
 - **Teams**...had to get creative
 - Divide kids up into 18 teams this fall
 - 6th graders are captains...teaching leadership
 - Color coded clipboard & cone for each team...duct tape works well!
 - Captains take attendance & lead warm-ups with their team
 - Daily warm-up & workout are listed on each day's attendance sheet
 - Looks like chaos during the first 10 minutes but it is organized chaos...really
 - Extra laps are recorded...yes, they actually ask to run extra! Earn 2 points for each extra lap!
 - Kids earn 10 points for each day of attendance
 - **Weekly Awards**...shoe awards given for every 50 points and/or 5 miles
 - **Runner of the Week & Team of the Week**...posted every week...based on points & miles
 - **End of the Season Race**...the real deal...race numbers, t-shirts, awards & snacks...local running store & running club help us! Nice compliment from Summit Athletic Running Club Administrator, Dave: "...your race was amazing...how do you do it...200 kids were racing in the cold...smiling...and cheering for one another after they finished..."
 - **What my principal had to say**..."this was one of the most moving experiences of my educational career. Watching kids and parents cheer for kids as they completed the race. Adults were cheering for & embracing kids whose parents couldn't come...it was beautiful!"

- **Winter Running Club**
 - December – early March
 - Two days a week
 - 2015-2016 Total **1005 miles**
 - Teams with captains
 - Averaged 40 kids each day...50 on list
 - Warm-ups inside
 - OUTSIDE...if at all possible, snow, rain, etc...yes, the high school xc coach loves me!
 - **Weekly Awards**...shoe awards given for every 50 points and/or 5 miles
 - **Runner of the Week & Team of the Week**...posted every week...based on points & miles
 - End of the season race!

- **Jump Rope Club**
 - January – March
 - 2 days a week
 - Teams with Captains
 - Awards for skills
 - T-shirts earned
 - 90 kids last year

- **Yoga Club**
 - January-February
 - Fridays
 - Average 20 kids & a few teachers
 - Yoga Fit Training

- **Strength/Fitness Club**
 - January – February
 - Wednesdays...new last year
 - Average 15 kids
 - Body Weight exercises, bands, aerobic & anaerobic exercises

- **Spring Running Club**
 - Best teaching moment ever...March 11, 2012
 - March/April – May
 - Average 150+ kids...170 signed up for last year!
 - 4 days a week
 - Teams & captains...leadership
 - Extra laps are recorded...yes, they actually ask to run extra!
 - Kids earn 10 points for each day of attendance
 - **Weekly Awards**...shoe awards given for every 50 points and/or 5 miles
 - **Runner of the Week & Team of the Week**...posted every week...based on points & miles
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- **Summer Running & Cross Country**
 - **Summer** average 20+ kids...little siblings, older siblings & parents come too & run or walk & play games with us!
 - Run, Stretch & Strengthen
 - Always end with a GAME & they forget all the PAIN! ☺
 - **Cross Country Youth League In Summit County, Ohio**
 - 45 kids each year on our team
 - Practice twice a week in August
 - Practice twice a week after running club when school starts
 - Meets on Sundays...5 or 6 meets...1 mile or 1.5 miles race
 - 3rd & 4th Grade Boys won the league 2015
 - 5th & 6th Grade Girls placed 2nd in both 2015 & 2016!

- **Success Stories...a few of them...**
 - Dustin
 - Jeremy
 - Gabriella
 - Tammy
 - Makayla
 - Chris

- **Community Involvement**
 - Wellness Team
 - County Health Department & CDC Grant
 - Township Trustees & Parks
 - Board of Education
 - Others...churches, FOP, Women's Club, Individuals
 - Ritchies Sporting Goods Store & Summit Athletic Running Club

- **Fruits of My Labor**
 - Healthy, happy kids...better learners!
 - Happy & supportive administration & board of education
 - Happy & supportive parents & community members
 - Bonus for me...really!
 - Job satisfaction...I LOVE my job!
 - **Teacher of the Year 2016 for my district! This is a victory for all PE Teachers!**
 - In 2015-2016 the kids walked/ran over 20,000 miles!

- **Getting Started on Creating a Culture of Fitness/Wellness**
 - Devise a plan!
 - Write it down!
 - Determine costs, if any!
 - Meet with your administration to gain support!
 - **Start with one program/idea!**
 - Data is a driver! Take the time to collect data!
 - Find help!

- **Don't be afraid to:**
 - Talk about what you are doing!
 - Talk about the success of the program(s)
 - **Ask for help!**
 - Ask for donations!
 - Be creative & think outside the box!
 - Try something new...get out of your comfort zone!

- **Final Thoughts & a little Pep Talk...**
 - **Believe in yourself...**
 - You can make a change in the culture of your school for fitness & wellness
 - You can change PE to meet the needs of your kids
 - You can make a difference in the lives of your students & their families
 - You can be an example of healthy living & physical fitness...share with your kids what you do to stay active & healthy!
 - Practice what you preach!
 - **Believe in the program...**
 - Whatever you decide to do...do it with great enthusiasm!
 - Recognize students for their achievements
 - Set high expectations & standards...then encourage, cheer, persuade, & inspire kids to be part of the program
 - Think positive & keep striving forward!
 - It will be successful! Don't give up!
 - **Believe in the kids...**
 - They will become more physically active & enjoy it!
 - They will adopt new eating habits!
 - They will be excited about new programs...and probably ask for more!
 - They will make decisions that will lead to a healthier lifestyle!
 - Their enthusiasm will have an effect on the school culture, their families & you!
 - You will never fully know the impact of your work! Isn't that awesome!

Good Luck...go out there & make a difference!

Your students need you!

Have fun!

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