



in Action!

PE FIT

Nutrition & Activity Programs

Nutrition & Activity Program provides a connection between what teens learn in school and their life outside of school!

- Born out of a desire to help students realize the connection between diet, activity level and physical fitness or lack of fitness and health problems.
- Focus: "wellness" for a lifetime!
- Goal: equip students with the necessary tools to achieve a health-enhancing level of physical fitness and a healthy diet!

Personal Training Class

- Began at SHS six years ago to reach girls who were at risk.
- Focus: integrating fitness, nutrition and other health related topics into one curriculum.
- Provides a "safe" environment to exercise and discuss sensitive issues (weight, self-esteem, female issues, body image, etc.)
- Curriculum includes journals for recording nutrition and exercise habits.
- Fitness focused exercises: aerobic, strength training, fitness balls & bands, ab exercises, yoga, etc.
- "Class-room days" for instruction on health and fitness related topics.
- Challenges and awards
- Success stories

"I have done better in school because I feel better about myself."

Cheryl

"During the middle of the semester I could feel my body was more limber, stronger and overall healthier! I am going to miss this class!"

Catie

"I have lost eight pounds and several inches on my waist."

Abby

"I have lost 18 pounds this semester!"

Cheryl

Mrs. Kern...thank you for having this class! I used to think that I couldn't do anything physical...but now I know I can do anything I set my mind to doing! I have lost 30 pounds this year!

Amanda



PE Fit Nutrition & Activity Programs

- Curriculum from the Personal Training class was revamped for general Physical Education and implemented at SHS!
- Program is very successful with students improving fitness markers, attitudes and eating habits.
- Curriculum published in 2006, 2007 & 2008!
- Elementary Program - grades 3-5
- Intermediate Program - grades 6-9
- Advanced Program - grades 9-12
- College Freshman Wellness Program
- Adult/Parent/Teacher Wellness Program
- Coming soon...Girl's Fitness Program, Intermediate 2 book, Advanced 2 book
- Easy to implement...flexibility in selection of activities
- 18-week program
- Fitness focused curriculum & activities
- Nutrition & fitness focused lessons
- Authentic assessment through the student journal

Student Nutrition & Activity Journal

- Tool to keep track of nutrition and exercise habits.
- Pages are simple and easy to fill in!
- Charting progress is motivational!
- Fitness testing results recorded in the back of the journal!
- Student assignments re-enforce concepts discussed in the lessons!
- Journals provide opportunity to bring reading, writing, math and science across the curriculum!

Teacher's Resource Kit

- Details on implementing the program
- Three sample grading plans
- Sample workouts, fitness activities, sports & games
- Fitness Testing Standards & Charts
- Quizzes & Final Exams for both journals
- Answers to lecture pages, quizzes & exams
- Two "Challenge" posters for every 30 journals purchased
- CD version available



National Standards & Physical Education

- Push to re-vamp physical education to help American children combat the obesity and inactivity epidemic!
- Focus on teaching our students skills that will enable them to live a health-enhancing lifestyle.
- Encourage participation by **all** students for **as many minutes as possible** during physical education.
- Provide students with opportunities to experience a variety of activities that will promote life-time fitness.
- Teach students to be responsible for their choices regarding their health, fitness and nutrition

The Nutrition & Activity Programs Meet ALL Six of the National Standards

- **Standard #1** - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
- **N&A Program meets Standard #1** through skill development, games, and learning proper technique for fitness activities
- **Standard #2** - Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
- **N & A Program meets Standard #2** through skill development, games, and development and implementation of a fitness plan
- **Standard #3** - Participates regularly in physical activity.
- **N & A Program meets Standard #3** through "Challenges," daily PE class, developing & following fitness plans, Nutrition & Activity Journal recording, use of pedometers and other fitness technology
- **Standard #4** - Achieves and maintains a health-enhancing level of physical fitness
- **N & A Program meets Standard #4** through daily fitness activities and "lessons" in the journal which teach fitness basics, goal setting, manipulating fitness components and making adjustments to meet individual needs
- **Standard #5** - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- **N & A Program meets Standard #5** through demonstrating respect for the limitations and strengths of classmates, cooperating to achieve group goals, participating in different fitness activities
- **Standard #6** - Values physical activity for health enjoyment, challenge, self-expression and/or social interaction.
- **N & A Program meets Standard #6** by providing students various fitness activities and the benefit of physical fitness



PE Fit's Nutrition & Activity Program

- Integrates "wellness" into the Physical Education Curriculum and possibly the school community
- Easy to implement
- Meets all 6 of the National Standards
- Quizzes & Exams follow OGT questioning format
- Provides for Authentic Assessment in Physical Education
- **Educates students on living a healthy lifestyle**
- **Changes student's lives!**

Intermediate and Advanced Journals both include:

- National Standards for PE
- Personal & Family Nutrition & Exercise Inventory
- Weekly Journal Pages & Workout Charts
- Goal Setting and Tracking of Fitness Testing
- Food Guide Pyramid Lesson with Assignment...slightly different for each book
- Serving Size and Portion Control Lesson...different lesson in each book

Intermediate Journal

Grades 6-9

- | | |
|---|--|
| <ul style="list-style-type: none"> ▪ Good & Bad Fuels Lesson ▪ Meal & Snack Suggestions ▪ Fitness Plan & assignment ▪ Food Labels Lesson w/assignment ▪ Quarterly Charting of progress ▪ Exercise Basics Lesson | <ul style="list-style-type: none"> ○ aerobic exercise ○ strength training ○ flexibility ○ personal responsibility ○ body composition ○ the F.I.T. principle ○ warm-up & cool-down |
|---|--|

Advanced Journal

Grades 9-12

- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ Transfat & Other Fats Lesson ▪ Basal Metabolic Rate Lesson ▪ Healthy & Not-so-Healthy Food Lists ▪ Healthy Eating Plan Assignment ▪ Fitness Basics Lesson <ul style="list-style-type: none"> ○ benefits of exercise | <ul style="list-style-type: none"> ○ aerobic & anaerobic exercise ○ flexibility & yoga ○ strength training ○ the overload principle ○ body composition ○ warm-up/cool-down ○ injury prevention & treatment |
|---|---|

Elementary Journal...3rd - 5th grade

- Nutrition Basics
- Sleep Basics
- Fitness Basics
- Meals & Snacks
- Fitness Testing Record
- Fitness Goals
- Weekly Exercise Log
- Nutrition & Activity Logs (3 days/week)
- Tools for the Teachers
- Parent Assembly & Helpful Hints Packet Available
 - Nutrition & Fitness Basics along with shopping help!



Adult Journal

Parents, Teachers, Administrators, Older Students, etc.

- Motivation Tips
- Benefits of Exercise
- The F.I.T. Principle
- Exercise Types & Recommendations
- Explanation of the Journal
- Three Strength Training Workouts
- Instructions for Getting Started on a Walking or Jogging program
- Chart for Fitness Testing Results
- Food Guide Pyramid Information
- Serving Size Information
- Weekly Journal Pages to Record Exercise and Nutrition Habits
- Cardio & Strength Logs
- Weekly Dinner Menu Planner
- Self Evaluation
- Compact Size/but follows the student journals
- Fitness/Nutrition Facts



“Equip teachers with tools to help students embrace a healthy lifestyle!”

Where are we now?

I. Kohl's & Akron Children's Hospital Community Youth Fitness Program

Through a grant through Kohl's the PE Fit Program has been implemented into 20 schools in the greater Akron area. Reaching over 6000 students and serving over 60 teachers!

- A. Elementary School Programs
- B. Middle School Programs
- C. High School Programs
- D. Teacher Professional Development

II. Other Schools Using the PE Fit Program

Hear stories from other schools who have implemented the PE Fit Program into their Physical Education curriculum.

III. PE Fit Resources

- Workout Cards for the weight room
- Ball & Band Cards
- Station Cards...multiple exercises...5 stations
- Station Cards...single exercises...50 stations
- Yoga Cards
- Professional Development Workshops
- Staff Wellness Program
- Parent Workshops

TEACHER EXAMPLE...YOU!

Never underestimate the impact you have on your students!

Have fun with your students in Physical Education class...if you aren't having fun in PE...there is a problem!

Be enthusiastic...be a cheerleader for physical education and physical activity!

Look for opportunities to encourage involvement in road races, charity events, hiking, back packing, biking, outdoor activities, swimming, etc.

Again...share with the students what you do to keep fit and active!

Tell them how you find time to "fit in fitness!"

Model healthy eating!

Plan opportunities for healthy eating parties!

Encourage other staff members to get active!

Find ways to get teachers, parents and the community involved in fitness activities!

Ask local businesses to sponsor events or donate prizes for the challenges.

Hold events that include parents...walking/jogging groups, weight training, family fun game nights, etc!

FITNESS ACTIVITIES

DON'T BE AFRAID TO TRY SOMETHING NEW!

***You are a "Fitness Professional" if you are a
Physical Education Teacher!***

***Expand your professional repertoire...take a new class, earn a certification,
teach yourself from DVDs, learn from your students, create your own fitness
exercise session...YOU CAN DO IT!***

BE CREATIVE...THINK OUTSIDE THE BOX...HAVE FUN!

FINAL THOUGHTS

❖ Believe in yourself...

- *You can make a change in the PE environment!*
- *You can learn new fitness activities & teach them to your students!*
- *You can be an advocate for your whole school for healthier living! (wellness)*
- *You can make a difference in the lives of your students!*
- *You can be an example of healthy living and physical fitness!*

❖ Believe in the program...or your program

- *It will generate enthusiasm for physical fitness!*
- *It will generate a positive atmosphere in the class!*
- *It will be more successful with teacher participation!*
- *It will set high expectations and standards for the students!*
- *It will be successful!*

❖ Believe in the students...

- *They will make changes in their lives!*
- *They will adopt new eating habits!*
- *They will become more physically active & enjoy it!*
- *They will be excited about a new program!*
- *They will make decisions that will lead to a healthier lifestyle!*
- *Their enthusiasm will have a positive effect on the whole school environment!*

❖ Believe in yourself!

❖ Believe in the program!

❖ Believe in the students!

*...because you just don't know where
all that might lead you!*

www.pejournal.com

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