

We are CHAMPS! Children Healthy and Moving Promotes Success.

1. Brief Summary: We will create “child” friendly exercise videos to be used in classrooms during indoor recess. Physical Education staff will supervise the production of the videos to be sure they involve safe physical activity. Teachers and staff will demonstrate activities on the video. Copies of the videos are distributed to each classroom for use during the school day, particularly at times when recess must be held indoors. To increase motivation a “mileage” is calculated for each video. Classes will work to take a trip around the world. Classes will travel from place to place according to the number of students who participate each day. (This is excellent for 3rd grade as students study communities around the world)

2. Need and Rationale: In a statement made in August 2007 - State Health Commissioner Richard F. Daines, M.D said, "Childhood obesity has reached crisis levels and threatens the health, well-being, and future productivity of New York's youth," The NYC Dept of Health and Mental Hygiene announced that half of New York City elementary school children are not at a healthy weight and 1 in 5 kindergarteners is obese. With childhood obesity reaching crisis levels in the United States we intend to provide physical activity for students to partake in while in the classroom. Not only will these keep students active while in school but also teach them how easy and

enjoyable it is to maintain healthy lifestyle choices. Recess is held indoors when there is inclement weather and during the winter months when temperatures drop below freezing. This constitutes about 60-70 days per year. During this time students participate in sedentary activities in the classroom.

3. Curriculum/Grades/ Population – The entire population of our school (presently 633 students- 5% Asian,- 20% Black,- 33% Hispanic, 42% White) will benefit from this program. Grades 3-5. The program would fall under the Health and Physical Education curriculum. The mileage component would involve mathematical calculations and map reading.

4. Objectives- Our goal is to keep the students of our school active and healthy both physically and mentally. We hope to train our students to become healthy, active children who will later become healthy, active adults. Our project objectives mirror those identified by the National Association for Sports and Physical Education in that we will:

- Reduce the risk for overweight, diabetes and other chronic diseases
- Assist in improved academic performance
- Help children feel better about themselves

- Reduces the risk for depression and the effects of stress
- Help children prepare to be productive, healthy members of society
- Improves overall quality of life.

5. Positive Impact – Students will learn that physical activity can be fun and easy to accomplish. Studies say appropriate physical activity improves student learning and increases levels of concentration.

6. Activities: Physical Education instructors will plan a variety of 15 minute exercise activities that teachers and staff demonstrate. These activities will be video taped and copies will be distributed to each classroom for use. Classes will keep track of the mileage and plan their trip around the world. DVD's with manipulatives will be stored in the gym for all classes to check out during the six lunch periods.

7. Timeline:

December 2007. Upon notification planning and purchasing begins.

January 2008. Physical Education staff will create the first DVD's for use in the classroom.

February 2008- May 2008 DvD's used in classrooms during indoor recess periods.

June 2008. Evaluation of project success.

Final report to Suffolk's Edge Teacher Center.

8. NYS Standards –Physical Education

Standard 1 – Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

*understand the effects of activity on the body, the risks associated with inactivity

*demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component, and establish personal goals to improve their fitness

*understand the relationship between physical activity and individual well being

Standard 3 – Resource Management

Students will know that there are resources available at home and in the community that offer opportunities to participate in and enjoy a variety of physical activities in their leisure time.

9. Budget –

Adobe Photoshop Elements/Premier Elements Bundle 3.0 -	\$150
DVD- (for copying)	\$145
Exercise Tubing -	\$327
Dumbbell Rack w/ fitbells	\$725
Total request	\$1,347

10. Assessment – Students’ BMI, muscle endurance, flexibility and cardiovascular endurance is tested each year grades 3-12. These tests will indicate whether there is an increase in fitness level for students.

11. Collaboration – The success of this program will need the collaboration of the Physical Education Dept., classroom teachers and paraprofessionals. The paraprofessionals supervise the recess activities so they will need to support the program. Classroom teachers must be sure equipment is available and encourage participation in the activities.