

AMES DOLPHIN CHALLENGE

Be Fit Program

WHAT:

A year-long fitness program for the children of Ames School coordinated by the PTA and Mr. Bartelt, physical education teacher. Participation is optional, but is strongly encouraged.

WHY:

To encourage our children to establish healthy habits, including daily exercise and making good food choices while having fun. Also, to help children set and accomplish wellness and healthy lifestyle goals.

The Center for Disease Control & Prevention recommends that **children should do 60 minutes or more of physical activity each day**. There are many easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety!

WHEN:

October 1, 2015-April 30, 2016

HOW TO PARTICIPATE:

Students will keep track of the amount of time they participate in physical activities on a calendar-style tracking sheet each month. The tracking sheets will be sent home with your child each month, and will also be in the Wednesday e-backpack (see example attached) and the Feedblitz emails each month. Completed tracking sheets must be turned in to your child's teacher by the first Wednesday of every month in order to get the monthly sports charm.

You and your student will be tracking their exercise/activities each month. For every 30 minutes of activity, the student will earn one point, 60 minutes earns 2 points, etc. **The goal is for each child to earn at least 20 points per month in order to get the monthly prize.** Some examples of activities include:

baseball	basketball	ballet	biking	raking
golfing	skiing	swimming	hiking	shoveling
dancing	playing outside	karate	running	
soccer	hopscotch	yoga	skating	

Really, anything that gets them up and moving counts!

BONUS POINTS:

This year, there is an option to earn a maximum of 5 bonus points each month by completing the activities listed on the tracking sheet. Simply check off each box when they complete the activity and add the bonus point to their monthly total.

CLASS RECOGNITION:

Each month, the class with the highest percentage of students achieving at least 20 points will receive a "free day" during their regular PE class. Free days will be awarded to one (K-2) class and one (3-5) class.

MONTHLY PARTICIPATION REWARDS:

Keychain: Participants who earn at least 20 points will receive a keychain that can be attached to their backpack. They will receive a sports charm to add to the keychain each subsequent month they earn at least 20 points.

The overall goal of the program is promote lifelong fitness practices for Ames students and their families. The biggest reward will be staying healthy, getting physically fit, and having fun while spending time with family members. Research shows that healthy active children are more likely to grow up to be healthy active adults.

Questions/Comments: Contact Sean Bartelt, physical education teacher, Melinda Yachnin, PTA chair person, at myachnin@hotmail.com.