

Fun Contests and Programs

Kids
Can Do
it!



Kids On the Move!

Get kids moving in the classroom with easy 10-minute physical activity breaks.

Kids On the Move Activity Decks

Healthy Kids Club has put together a deck of 50 ten-minute activity breaks that teachers can do right in the classroom! The deck comes with a music CD to make the activity breaks even more fun! All activities are simple to lead and great for the whole class. They get students up and moving to help re-energize their bodies and activate their brains. It's a great way for teachers to add some activity into their day, too!

Kids On the Move Calendars

Set a goal for your classroom to do at least one 10-minute activity break every day. Use the Kids On the Move Calendars to track your progress. Just put a sticker or "x" on the calendar for each day that the class does an extra activity break. Students will help keep the teacher accountable, and the class will feel a sense of accomplishment when they achieve their goal!

For information on how to get the Kids On the Move Activity Decks and Calendars, contact Healthy Kids Club at 970-495-7511 or lhz@pvhs.org.

Are You Up for the Challenge?

Looking for easy ways to help your students stay active & be healthy? Try one of the programs below – they're all FUN, FREE, and EASY!

Schools on the Move Challenge

Schools on the Move Challenge is a physical activity challenge that encourages the entire school (students, teachers, staff, and administrators) to join in the fun to get more daily activity for one full month. The Healthy Kids Club sponsors the annual event and provides each participant with a physical activity tracking chart, a t-shirt with their school logo, and great prizes! PE equipment is awarded to the school with the greatest number of activity minutes. Schools with the greatest staff participation win a catered lunch for their staff. Information about the event is sent to all elementary school principals and PE teachers in Poudre, Thompson, and Windsor school districts prior to the event. In 2007, over 9,000 students and staff participated! For more information, call Healthy Kids Club at 970-495-7511 or email lhz@pvhs.org.

Fruit & Vegetable Challenge

Here's a simple way to get your kids to eat more fruits and vegetables! The class sets a goal and then tracks on a poster how many fruits and vegetables their class eats each day. This free packet includes a laminated Fruit & Vegetable Challenge tracking poster, dry-erase marker, and instruction sheet. The challenge can be done anytime throughout the year. Try it during September, our National Fruit and Vegetable month! To order your free packet, go to the USDA Team Nutrition website: <http://teammnutrition.usda.gov/Resources/fvchallengepacket.html>.

Walk Across Colorado

Want to help your students learn about Colorado history and get active at the same time? The Walk Across Colorado program can do just that! This free program encourages students to walk and bike to school. Students track their mileage on a Colorado map. When the class reaches a special destination on the map, there are quick facts that teachers can use to teach students about Colorado's history. The program can be done in conjunction with Walk a Child to School Day or any time throughout the year. For free

materials, contact Janet Werst, SafeKids Coordinator, at 970-495-7504 or jw12@pvhs.org.

And the Winner is...

The **Schools On the Move Challenge** started in 2005. Last year, over 9,000 participants from 48 area schools participated in the Challenge! Students, teachers, and staff all joined in the fun. They tracked their activity minutes for one month and turned in their activity logs in exchange for a personalized t-shirt with their school name.

In the final evaluation, 37% of students and staff reported getting more physical activity than usual during the Schools on the Move Challenge.

Schools On the Move Challenge 2007 Winners!

Highest Participation

- 1st – Mountain Schools
and McGraw IB World School
- 2nd – Bauder Elementary
- 3rd – Bennett IB World School

Most Activity Minutes

- 1st – Traut Core Knowledge School
- 2nd – Johnson Elementary
- 3rd – Bennett IB World School

Highest Staff Participation

- 1st – Livermore Elementary
- 2nd – McGraw IB World School
- 3rd – Bacon Elementary



More Challenges & Contests

TV Turnoff Week

National TV Turnoff Week is an opportunity for kids, schools, and families to turn off the tube and tune into life! The Center for Screen Time Awareness offers a 1-week screen-free challenge, poster contest, essay contest, and an organizer's kit. Traditionally, TV Turnoff Week activities are offered in April, but several activities can be done any time of the year. CanDo can assist your school in organizing a screen-free challenge and provide free posters and stickers to support the program. For more information, go to www.tvturnoff.org or contact CanDo at 970-495-7517.

America On the Move – For Schools!

America On the Move (AOM) is a national movement encouraging everyone to take steps toward a healthier lifestyle. AOM offers an online tool where teachers can register their classes and ask kids to join using a unique group registration code. Kids then track their daily activity by steps or minutes. Their progress is monitored along interesting trails such as the Oregon Trail or the Iditarod Trail. Teachers and staff can join as well! For more information, go to www.americaonthemove.org.

President's Challenge – Active Lifestyle Program

This program encourages kids and adults to be physically active for life. The rules for this program are simple. Participants must meet an activity goal (30 minutes per day for adults and 60 minutes per day for kids) at least 5 days a week for 6 weeks. Participants can choose all kinds of activity – at home or school, by themselves or with friends. Activity is tracked on a log and turned in to the teacher. If at least 35% of students at a school earn the Presidential Active Lifestyle Award two or more times in one year, the school can be recognized as an Active Lifestyle Model School. For more information, go to www.presidentschallenge.org.

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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