

Blythe Park Team Fitness Presents:

THE BULLDOG CHALLENGE



WHAT:

A fitness program for the children of Blythe Park School coordinated by the P.T.A. and Mrs. Goletz, 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.

WHEN:

October 1, 2010-May 15, 2011

HOW TO PARTICIPATE:

Each month a Bulldog Challenge tracking sheet (see attached sample) will be sent in the Wednesday e-backpack. You may print this out or request a hard copy from the school office. There is also an option to complete the tracking sheet online and this can be returned by email to blytheparkpta@yahoo.com. To participate, the tracking sheet needs to be completed and returned to school (or sent by email) by the first Wednesday of each month.

You and your student will be tracking their exercise/activity each month. For every 30 minutes of exercise/activity each student will earn 1 point. The goal is for each child to earn between 24-32 points each month. Students are encouraged to log as many exercise/activity points as they can, but will only receive credit for a maximum of 32 points each month. Examples of activities in each category include:

Team Sports-soccer, basketball, softball, baseball, football, cheerleading, etc.

Individual Sports-gymnastics, swimming, bowling, martial arts, etc.

Dancing-ballet, tap, jazz, hip hop, Irish dance, aerobics, yoga,

Outside-bike riding, hopscotch, playground/park, hiking, jump rope, catch, tag, raking leaves, shoveling snow, etc.

Other- Playing catch, frisbee, hula hooping, jump roping, playing at the park...any fitness-related activity that gets you up and moving for 30 minutes or more counts!

Students are also encouraged to set a wellness goal each month. Goals will be suggested each month that the students may use, but they may also come up with their own individual goals. Some examples include: learning to ride a bike without training wheels, trying a new vegetable, exercising instead of watching T.V., mastering a cartwheel, making 10 free throws, etc.

BONUS POINTS:

Students have the opportunity to earn a **maximum of 5 bonus points** each month. Bonus points can be earned by completing one of the following:

- Exercising or completing an activity with a parent, guardian, family member, or friend (remember we are encouraging healthy habits for your entire family. You are the best example for your children!)
- 'Bonus Exercise' if one is described on the monthly tracking sheet.
- Accomplishing the wellness goal that the child set for the month.

CLASS RECOGNITION:

Each month, the Bulldog mascot will be awarded to the class with the highest percentage of students achieving 24-32 points. The class will also receive a "FREE DAY" during their regular P.E. class.

MONTHLY PARTICIPATION REWARDS:

Participants who earn at least 24 points in the month will receive a keychain that can be attached to their backpack. They will receive a paw print "dog tag" to add to the keychain for each month they earn at least 24 points.

The PTA committee will keep a record of the points earned by each participant. The monthly points will be totaled at the end of the program (in May) and medals will be awarded according to the point values listed:

Gold Medal	224 or more points
Silver Medal	223-196 points
Bronze Medal	195-168 points

NEW THS YEAR: Fitness All-Star Team of the Month. Any student who earns at least 24 points will receive a paw print & will also be entered in a random drawing to be the part of the Fitness All Star team. This does not mean that the star has earned the most points, just that they have earned a paw print. The Fitness All-Stars will have their pictures on display in the gym with a short biography including a list of their favorite fitness activities.

MOVE IT Mondays:

Each month the children will participate in a "Move It Monday" as part of their P.E. class. A "fitness expert" will visit Blythe Park during P.E. to present a sport or fitness activity/topic such as sports safety, adaptive sports, dance, golf, skating, etc. During lunch, a "Fitness Food" will be available for students to taste. The "Fitness Food" will be a sampling of healthy food.

The goal of "Move it Monday" is to expose the students to a variety of sports/fitness activities, and to give them an opportunity to sample healthy nutritional foods they might never have tasted. Look for the recipes and the specific Move it Monday dates on the monthly tracking sheets.

The overall **goal of the program is to promote life long fitness practices for Blythe Park 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 or Suggestions: Contact Gail Goletz, Physical Education teacher, Jill Glawe or Debbie Brand PTA chairpersons. We welcome ideas for Move It Monday speakers/activities.