

# BLYTHE PARK TEAM FITNESS

## THE BULLDOG CHALLENGE



### **WHAT:**

A year long fitness program for the children of Blythe Park School coordinated by the PTA 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, 2011-May 23, 2012

### **HOW TO PARTICIPATE:**

Students will keep track of the amount of time they participate in physical activities on a monthly basis. This year there are 2 options for tracking sheets. First, a calendar that can be printed as a hardcopy. Second, there is an electronic tracking sheet that can be done online and emailed back. Each month these Bulldog Challenge tracking sheets will be sent in the Blythe Park Happenings and in the Wednesday ebackpack (see examples attached). You may print this out at home, ask for a hard copy in the office at school, or complete the online version. Completed tracking sheets must be turned in to school or sent by email by the first Wednesday of every month in order to get the monthly paw print 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 24 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 Bulldog mascot will be awarded to the class with the highest percentage of students achieving at least 24 points. The class will also receive a "free day" during their regular PE class.

## **MONTHLY PARTICIPATION REWARDS:**

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

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

**GOLD MEDAL      224 or more points \*PLUS  
a sheet for every month!!**

**SILVER MEDAL   223-196 Points**

**BRONZE MEDAL 195-168 Points**

**CERTIFICATE     Less than 168 points**

**\*New this year: GOLD medals will only be awarded to participants who have turned in sheets every month and have more than 224 points!!!**

## **WELLNESS WEDNESDAYS:**

Each month the students will have a "Wellness Wednesday". A "fitness expert" will visit Blythe Park during PE to present a sport or fitness activity/topic such as adaptive sports, hockey, golf, hula hoop, zumba, tae kwon do, etc. During lunch, a healthy snack will be sampled by the students and the recipe will be available in the Blythe Park Happenings and Wednesday ebackpack.

The goal of Wellness Wednesdays 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 dates of the Wellness Wednesdays on the Blythe Park Happenings and Wednesday ebackpack.

The overall goal of the program is promote lifelong 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/Comments: Contact Gail Goletz, physical education teacher, Jill Glawe or Diane Silva, PTA chair persons. We welcome ideas for Wellness Wednesday speakers/activities!