

Physical Activity

A Stepping Stone to Building Resiliency in Pre-Teen Children



Steeple Elementary: Early Morning Program

The objective of this project was to give students the tools to support a healthy lifestyle by introducing regular physical activity into daily routines. In doing so, children develop physical literacy skills, learn to build relationships and develop a positive sense of self. Current studies reveal that when physical activity is combined with positive experiences, a child benefits from the intellectual, cognitive, social and emotional development which supports their whole body wellness.

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GOAL #1

Introduce physical activity into daily routines.

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GOAL #2

Build relationships with peers and develop a positive sense of self.

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GOAL #3

Create positive and fun experiences for students.



Morning Routine at Steeples

8:10 am - Students arrive and sign in.

8:15 am - Warm up

8:20 am - Students read task cards for each station to their peers.

8:25 am - Circuit begins.

8:35 am - Clean up equipment and mystery bag draw for next day.



The Plan:

To support the growth of the whole child and to observe how the implementation of a morning circuit program improves:

Physical Development:

understanding how the body moves

Social & Emotional Development:

self-regulation and relationship building

Cognitive Development:

problem solving and decision making

Intellectual Development:

exploring, experimenting through play



Mystery Bag Activities

Empire Strikes Back: Striking (with an object)

- Students strike a balloon with a pool noodle trying to keep it off the floor for the whole minute. If the balloon hits the floor you have to do five star jumps.

Bug Smash: Throw and Catch

- Every time you hit a bug on the wall you earn 1 point. If you throw the ball and catch it you get 2 points. The team with the most points at the end wins!

Hot Lava: Wall Climbing

- Students have to climb across the lava without coming down off the wall. If they fall off into the lava, they have to do five tuck jumps.

STUDENT PARTICIPATION

In order to find students who were interested in participating in this project, I presented this physical activity program to both the Grade 4 and Grade 5 classrooms. Initially, 23 students signed up; but only 16 were able to make the early morning commitment.

In a second visit to Steeples, I wanted to connect with the students and find out more about them. I guided them through a Resiliency Questionnaire and a PLAYself Physical Literacy Assessment Form which would reveal a little bit more about each student. These forms would also be used as part of the final assessment to evaluate the students who participated in the program.

Unfortunately, due to the school calendar, the program only last for three weeks which was not quite long enough to see significant changes in the students. Ideally, this would be an ongoing program that would result in creating a stepping stone to building resiliency in pre-teen children.

I look forward to implementing a program like this one in the future.

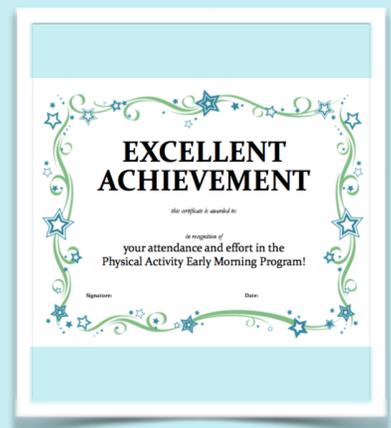


Photo Album





Mystery Bag Activities were adapted from:

<https://activeforlife.com>

<http://www.makemovementmatter.org>

