

SCS LOCAL WELLNESS POLICY

Revised 2022

BACKGROUND AND LWP COMMITTEE

In June 2004, the Child Nutrition and WIC Re-authorization Act was signed into law, making it mandatory for all local education agencies participating in the Federal School Meal Programs to create a local wellness policy by the school year 2006.

As required by law, a local wellness policy, at minimum, shall include:

NUTRITION EDUCATION

PHYSICAL ACTIVITY

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE WELLNESS

The law requires LEAs to actively reach out to the following representatives to elicit their participation in the Local Wellness Policy Committee: the school food authority, a parent, a student, a member of the general public, a school board member, and physical education teachers. The Southside Community School (SCS) Local Wellness Policy Committee is comprised of the following:

COMMITTEE MEMBERS:
Melissa Costa, NSLP Director
Jose Sainos, NSLP Manager
Randy Cohen, Teacher
Jason Mateos, Teacher

Feedback and participation is also welcome from Parents, Students and the General Public.

GOALS FOR NUTRITION PROMOTION

School will encourage participation in school meal programs."

School will implement the following Smarter Lunchroom

- At least two kinds of fruits are offered most days.

Techniques:

- Sliced or cut fruit is offered.
- Fruit is offered in at least two locations at or around the point of service.
- At least two kinds of vegetables are offered, including both hot and cold.
- A serving of vegetables is incorporated into an entrée item at least once a month.
- Milk cases/coolers are kept full throughout meal service.
- White milk is organized and represents at least 1/3 of all milk in each designated milk cooler.
- Creative, descriptive names are used for featured items on the monthly menu.
- Students can pre-order lunch in the morning or day before.
- Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
- Attractive, healthful food posters are displayed in dining and service areas.
- Cleaning supplies or broken/unused equipment are not visible during meal service.
- All lights in the dining and meal service areas work and are turned on.
- Compost/recycling and trash cans are at least 5 feet away from dining students.
- There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate.
- Trash cans are emptied when full.
- Student artwork is displayed in the service area or dining space.
- Students, teachers, or administrators announce today's menu in daily announcements.
- Students provide feedback to inform menu development.
- A monthly menu is posted in the main office.
- A monthly menu is provided to students, families, teachers, and administrators.
- Information about the benefits of school meals is provided to teachers and administration at least annually.
- Smarter Lunchrooms strategies are included in the Local School Wellness Policy.

School meal program menus will be posted in a public and visible location at the school site.

Participation in meal programs will be promoted to families.

School hosts a school garden.

GOALS FOR NUTRITION EDUCATION

The primary goal of nutrition education is to influence students' eating behaviors. This education may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being.” (ADA 1996) Building knowledge and skills helps children make healthy eating and physical activity choices.

Nutrition education is taught as part of physical education and health education classes.

Lessons promote fruits, vegetables, whole-grain products, low fat and fat free dairy, and healthy food preparation, with emphasis on caloric balance between food intake and energy expenditure.

Media literacy with an emphasis on food and beverage marketing is taught in grades 6-9.

Nutrition education is offered in all grade levels as part of sequential, comprehensive standards-based health education curriculum. Opportunities are provided for students to practice or rehearse the skills taught through the health education curricula.

Health education lessons include the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention.
- Food guidance from My Plate.
- Reading and using the FDA’s nutrition fact labels.
- Eating a variety of foods every day.
- Balancing food intake and physical activity.
- Eating more fruits and vegetables and whole grain products.
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat.
- Choosing foods and beverages with little added sugar.
- Eating more calcium rich foods.
- Preparing healthy meals and snacks.
- Risks of unhealthy weight control practices.
- Accepting body size difference.
- Food safety.
- Importance of water consumption.
- Importance of eating breakfast.
- Making healthy choices when eating at restaurants.
- Eating disorders.
- The Dietary Guidelines for Americans.
- Reducing sodium intake.
- Social influences on healthy eating, including media, family, press and peers.
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
- Resisting peer pressure related to unhealthy dietary behavior.

GOALS FOR PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

Experts recommend school-aged youth engaged in at least sixty minutes of moderate to vigorous physical activity every day. The research strongly recommends that exercise has beneficial effects on muscle and bone health, cardiovascular/heart health, body weight in overweight youth, and blood pressure in teens with high blood pressure.

Physical Activity

- Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be used or withheld as punishment for any reason.
- The school provides teachers and other school staff with a list of ideas for alternative ways to discipline students.
- To the extent practical, the school will ensure that its grounds and facilities are safe and that equipment is available for all students to be active.

- The school will ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.
- Physical activities include opportunities to build aquatic skills (summer community pool use).
- Any student excluded from physical activity must be excused by either a verbal or written parent or physician's directive, or due to an obvious injury, ie. leg in a cast or documented limitations such as asthma.
- The school also offers opportunities for students to participate in physical activity after school, such as soccer, basketball, volleyball organized sports, and folkloric dance.

Physical Education

- The school will provide students with formal, age-appropriate physical education, consistent with national and state standards.
- Physical education program will promote student physical fitness through individualized fitness or activity assessments.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers are required to participate in professional development at least once per year.
- All physical education classes in the school are taught by licensed teachers who are certified or endorsed to teach physical education.
- Physical education primarily consists of sustained physical activity for each 40-55 minute period and will begin with stretching and preparatory movements. Teachers will ensure physical education involves basic movement skills; physical fitness; rhythms and dance; games; team, dual and individual sports; tumbling and gymnastics.
- At least twice weekly, students will run laps on a track, followed by an organized game such as kickball, soccer, lacrosse, basketball, hockey or capture the flag.
- At the conclusion of every physical activity session, students will engage in a cool down period and stretching period, accompanied by a water and bathroom break.
- Teachers serve as role models by being physically active alongside students whenever possible.

Recess

- At least 20 minutes of recess is offered to all elementary school students on all days during the school year.
- Recess is offered outdoors when weather is feasible.
- Recess is considered a compliment not a substitute for physical education class.
- Recess monitors encourage students to be active.

Active Academics

- Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week.
- The school will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.
- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when

possible, and will do their part to reduce sedentary behavior during the day.

Physical Activity Topics in Health Education

- Health education is required in all grades.

- Health education lessons include the following essential topics on physical activity:
 - Relationship between healthy eating and personal health and disease prevention.
 - Food guidance from My Plate.
 - Reading and using the FDA's nutrition fact labels.
 - Eating a variety of foods every day.
 - Balancing food intake and physical activity.
 - Eating more fruits and vegetables and whole grain products.
 - Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat.
 - Choosing foods and beverages with little added sugar.
 - Eating more calcium rich foods.
 - Preparing healthy meals and snacks.
 - Risks of unhealthy weight control practices.
 - Accepting body size difference.
 - Food safety.
 - Importance of water consumption.
 - Importance of eating breakfast.
 - Making healthy choices when eating at restaurants.
 - Eating disorders.
 - The Dietary Guidelines for Americans.
 - Reducing sodium intake.
 - Social influences on healthy eating, including media, family, press and peers.
 - How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
 - Resisting peer pressure related to unhealthy dietary behavior.

Active Transport

- The school supports active transport to and from school such as walking or biking. Secure bicycle racks are provided for students who use this transportation method.

- Instruction on walking/bicycling safety is provided to students.

GOALS FOR OTHER WELLNESS ACTIVITIES

The school will promote to parents/caregivers, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the year.

School will use electronic and non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

The school promotes staff member participation in health promotion programs, such as Field Day and organized sports.

The school will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

POLICIES FOR SCHOOL MEAL STANDARDS

SCS participates in the National School Lunch Program, National School Breakfast Programs, and the Afterschool Care Snack Program.

Meals meet or exceed the current nutrition requirements established by local, state, and Federal statutes and regulations.

Meals are served at a reasonable and appropriate time of the day.

Students are allowed at least 20 minutes to eat meals.

Meals are appealing and attractive to students.

Meals are accessible to all students, and are served in clean and pleasant settings.

Local and/or regional products are incorporated into the school meal programs.

Fresh fruits and vegetables are served 5 times per week.

Flavored milk is not served; school offers only low fat and fat free plain milk.

Menus are created by a certified nutrition professional.

School meals are administered by a team of nutrition professionals.

The district child nutrition program accommodates students with special dietary needs.

Free, potable water is made available to all students during the meal period.

Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.

Students are allowed to bring and carry approved water bottles with only water in them throughout the day.

POLICIES FOR CELEBRATIONS AND REWARDS

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

The district will provide parents a list of foods and beverages that meet the Smart Snacks nutrition standards.

The district will provide teachers and other school staff with a list of alternative ways to reward students.

DISTRICT WELLNESS COMMITTEE MEMBERSHIP

District convenes a representative district wellness committee (DWC).

DWC includes representatives from all school levels including all school levels, representatives from school nutrition programs, physical education teachers, health education teachers, administrators, and school board members. Interested parents, students, and members of the general public are also invited to participate.

Contact Melissa Costa at mcosta@scstucson.org for meeting dates and times or for other ways you can be involved.

REVISIONS AND UPDATING THE POLICY

Policy will be assessed and revised tri-annually and updated to reflect changes in district priorities, community needs, wellness goals, newly emerging health science research, and newly issued state or federal guidance/standards.

COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

Parents are key partners in developing healthy school environments. Parents and family members remain the greatest influence on a child's eating habits, and the school is a valuable ally in promoting a healthy childhood and the establishing of wise nutrition and lifestyle choices and habits. Healthy lifestyles, positive nutrition and physical activity should be a part of children and adults' lives every day, throughout the day, not just during school hours or on school days. Parents are important role models for their children, and particularly at younger ages, have a critical influence on food choices and

physical activity opportunities available to their children.

District is committed to being responsive to community input. District will actively communicate ways in which representatives of the DWC and others can participate in the development, implementation and periodic review and update of the policy through a variety of means appropriate for the district.

District will inform parents of improvements to school meal standards, how to apply for meal benefits, a description of and compliance with the Smart Snacks in School nutrition standards, updates to the policy at least annually, and annual and triennial reports and assessments. Communications will occur via newsletters and other information sent home, and will include culturally and linguistically appropriate language.

Additional resources related to nutritional information, shopping guides and ideas for active lifestyles, posters, fliers, books, etc. will also be sent home as available and appropriate.

Parents receive copies of school breakfast and lunch menus and have opportunities to sample some of the foods provided by the caterer at family events such as Reading Night, holiday presentations, and Thanksgiving.

SCS relies on parents to provide important information on the health needs of their children, such as food allergies or other special dietary needs. Opportunities are provided for this information to be provided including initial enrollment information, teacher conferences, notes and phone calls from caregivers to the school, and faculty dialogue with students themselves.

Parents are provided information about the implementation of physical education in their student's daily schedule through letters home, phone calls, teacher conferences, and report cards.

A copy of the Local Wellness Policy is provided to parents at the beginning of each school year and/or is displayed in the front office for visitors to view. The most recent Local Wellness Policy evaluation is also available in the front office upon request. Information related to the Local Wellness Policy, implementation or modifications will be distributed at family events as it becomes available.

For questions or comments:

Melissa Costa, NSLP Director
mcosta@scstucson.org

**SCS School Wellness Policy
Attachment A**

Healthful Food and Beverage Options for School Functions

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges (cantaloupe, watermelon, pineapple, oranges, tangelos, etc.)
- Sliced fruit (nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.)
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet Smart Snacks in Schools nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

**SCS School Wellness Policy
Attachment B**

Examples of Alternative Rewards

- Verbal praise
- Sit by friends
- Helping the teacher
- Going first
- Let the student choose a special class activity
- Extra credit or class participation points
- Have lunch or breakfast in the classroom
- Eat lunch with a teacher or staff member
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the bulletin board or school website
- Ribbon or certificate in recognition of achievement or a sticker with a message (e.g. "Great job")
- Choose a prize. Examples include pencils or erasers, stickers, books, entering a drawing for a bigger prize, earning points or tokens toward a prize
- Lead a special physical activity break
- Host a special event such as a dance or kite flying party
- Provide extra recess or PE time
- Turn on music and let students dance for a few minutes
- Give students the opportunity to lead an activity
- Provide a few extra minutes of free time
- Allow student to select a special book
- Give a "no homework" pass
- Host a special dress day where students can wear hats or pajamas
- Give a shout out in the morning or afternoon announcements



BIRTHDAYS, CELEBRATIONS AND FAMILY EVENTS

Birthdays, celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices at school. Plan events that emphasize healthy foods and align with classroom lessons or shift the focus and plan non-food events centered on physical activity, music, art and games. Host events that make it easy for children to practice making healthy choices.

The Birthday Child Can:

- Be the teacher's helper
- Wear a special crown, sash, button or badge all day
- Donate and/or read a favorite book to the class
- Choose the class music for writing or independent study time
- Receive a personalized birthday card from the teacher via email or snail mail
- Choose a game or activity the class does for the last few minutes of the school day
- Have special time for a walk, game or activity with the teacher, principal or another adult
- Receive a "Celebrate Me" book from classmates with written stories, poems or drawings about the birthday child

Family Events

Plan family events that get parents engaged and on board with healthy living, as this will create more buy-in and support for a healthy school culture. It also makes it more likely that healthy habits will be reinforced at home.

- Health fairs
- School garden work days
- Cooking lessons or "Iron Chef" competitions
- Physical activity events with healthy snacks or prizes (dance contests, fun runs, obstacle courses, bike-a-thons, sock hops)
- Screenings of movies that promote healthy living
- Nutrition classes for the family from community partners like your cooperative university extension service
- Fall festival with active fall-themed games and a farmers market
- Walk-to-school month with parent participation
- Creation of school teams for local runs or walks
- Parents and teachers vs. kids sports competitions
- 30-day challenges — pick a healthy habit and organize a competition around it, starting with a kick-off event and ending with a celebration



ACTION FOR HEALTHY KIDS 

Active Celebration Ideas

- Give children **extra recess time** instead of a party.
- **Have a dance party.** Let students select the music. Invite the principal and other school staff.
- **Get the students involved in planning and preparing for celebrations** — let them make decorations and favors and let them choose the games.
- **Create a book honoring what is being celebrated that day.** Have students draw pictures showing what the day means to them.
- **Organize a special community service project instead of a party.** Invite senior citizens in for lunch, collect goods and make cards for sheltered families, or organize a project outside for Earth Day.
- **Have students vote on a special class art project or craft.** Invite a local artist to come in and do a demonstration.
- **Arrange a treasure hunt around the classroom.** Provide a special non-food treat at the end. Use a theme that ties into what the kids are learning in class.
- **Ask students to come up with healthy party ideas,** and ask parents to send in healthy recipes and ideas for activities, games and crafts. Create a “healthy classroom party guide” to distribute to parents.
- **Plan around holiday themes.** Students can make cards for winter holidays, decorate the classroom with hearts for Valentine’s Day and learn an Irish step-dance for St. Patrick’s Day. Search education websites for ideas.

WHEN FOOD IS OFFERED

- Make good nutrition the expectation and the easy choice — offer fruits, vegetables, whole grains, low-fat/fat-free dairy products and water.
- Check your school’s wellness policy or school improvement plan to see if they contain any guidelines or goals about food for birthdays, celebrations and family events. If they don’t, find out what it would take to address this issue.



Resources

[Action for Healthy Kids Game On Activities](#)

Healthy and Active Classroom Parties, Ten Tips for Making the Switch to Healthy Celebrations, Family Fitness Night, Health and Wellness Fair

actionforhealthykids.org/game-on-activity-library

[Game On for Healthy Schools](#)

actionforhealthykids.org/game-on-program



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HEALTHY REWARDS

Rewards happen at many levels across a school. Teachers, administrators and parent groups offer rewards to recognize and celebrate student accomplishments. The goal of rewarding students is to help them internalize desirable behaviors and create motivation for learning that comes from inside. Food rewards are not recommended at all because they show kids that achievements should be marked by eating—undermining healthy nutrition practices being taught at home or at school. The most effective rewards should promote healthy, active living as a desired value of the community.

Non-material rewards involving recognition, privileges and opportunities for physical activity or other types of enrichment are powerful ways to help meet these goals. Material rewards such as school supplies, trinkets, toys and gift certificates can be donated by parents or provided by parent-teacher organizations for use on a more limited basis.

Elementary School Students

- Make deliveries to office
- Watch a fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or a book
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill, e.g., singing, guitar playing, juggling

- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions

Middle School Students

- Choose partners for activities
- Sit with friends
- Listen to music while working at desk
- Reduced homework or “no homework” pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside

ACTION FOR
HEALTHY
KIDS 

Food Rewards

Food rewards contradict classroom lessons on nutrition, add empty calories to kids' diets and teach kids to eat when they're not hungry — setting the stage for unhealthy habits that can last a lifetime and contributing to the childhood obesity epidemic. One study found that every separate food-related practice (e.g., a food incentive or reward) that promotes low-nutrition foods in a school is associated with a 10% increase in students' body mass indexes (BMI).¹ Start a schoolwide healthy rewards initiative:

- Find a teacher to be a healthy rewards champion.
- Put up a bulletin board promoting healthy rewards.
- Ask teachers to take a "no-food-as-rewards pledge."
- Give a presentation about healthy rewards at a staff meeting.
- Create school guidelines around healthy rewards.
- Provide trinkets for teachers to use with donations or PTA/PTO funds.
- Recognize teachers who give out non-food rewards.

High School Students

- Extra credit
- Fun movie
- Reduced homework
- Late homework pass
- Donated coupons for music, movies or books
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances, sporting events

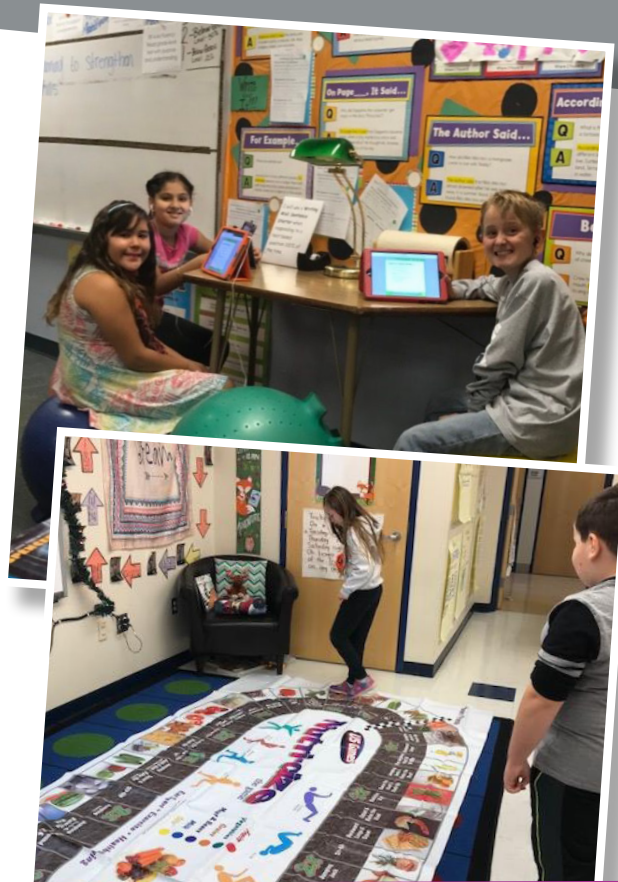
PTO/PTA Rewards

- Water bottles
- School-branded apparel
- Movie passes
- Special time with a teacher
- Active video games
- Pool party, hike or group trip to a kids fun place
- Raffle for bigger

REWARDING CHILDREN

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."

Marlene Schwartz, PhD, Co-Director
Rudd Center for Food Policy and Obesity, Yale University



Reward with Recognition!

Consider recognizing students during morning announcements, at a school assembly, on a photo recognition board or on the school's website. Most kids enjoy hearing their successes acknowledged in front of their peers. Don't underestimate the power of small, personalized efforts such as a phone call or email to a student's parents, a hand-written note commending the achievement or a certificate of recognition.

¹See ActionforHealthyKids.org/References



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Healthy Non-food Rewards

Rewards happen at many levels across a school. Teachers, administrators and parent groups offer rewards to recognize and celebrate student accomplishments. The goal of rewarding students is to help them internalize desirable behaviors and create motivation for learning that comes from inside. The most effective rewards fit naturally into the context and mission of the school community and should promote healthy living as a desired value of the community.

ACTION FOR HEALTHY KIDS

TIP SHEET

Non-material rewards involving recognition, privileges and opportunities for physical activity or other types of enrichment are powerful ways to help meet these goals. Material rewards such as school supplies, trinkets, toys and gift certificates can be donated by parents or provided by parent-teacher organizations for use on a more limited basis.

Elementary School Students

- Make deliveries to office
- Watch a fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or a book
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill, e.g., singing, guitar playing, juggling
- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions

Reward with Recognition!

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Middle School Students

- Choose partners for activities
- Sit with friends
- Listen to music while working at desk
- Reduced homework or "no homework" pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside



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Healthy Non-Food Rewards



High School Students

- Extra credit
- Fun movie
- Reduced homework
- Late homework pass
- Donated coupons for music, movies or books
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances, sporting events

PTO/PTA Rewards

- Water bottles
- School-branded apparel
- Movie passes
- Special time with a teacher
- Active video games
- Pool party, hike or group trip to a kids fun place
- Raffle for bigger prizes, such as a bike, or a ride in a limo

Food Rewards

Food rewards contradict classroom lessons on nutrition, add empty calories to kids' diets and teach kids to eat when they're not hungry — setting the stage for unhealthy habits that can last a lifetime and contributing to the childhood obesity epidemic. One study found that every separate food-related practice (e.g., a food incentive or reward) that promotes low-nutrition foods in a school is associated with a 10% increase in students' body mass indexes (BMI).¹

Start a schoolwide healthy rewards initiative:

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- Put up a bulletin board promoting healthy rewards.
- Ask teachers to take a "no-food-as-rewards pledge."
- Give a presentation about healthy rewards at a staff meeting.
- Create school guidelines around healthy rewards.
- Provide trinkets for teachers to use with donations or PTA/PTO funds.
- Recognize teachers who give out non-food rewards.

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."—Marlene Schwartz, PhD, Co-Director, Rudd Center for Food Policy and Obesity, Yale University

Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.



1: See ActionforHealthyKids.org/References



Recompensas Saludables No Comestibles

Las recompensas se ofrecen en diferentes niveles en la escuela. Los maestros, administradores y grupos de padres ofrecen recompensas para celebrar los logros de los alumnos. La meta de premiar a los alumnos es ayudarles a internalizar comportamientos apropiados y crear motivación para aprender. Las recompensas más efectivas caen naturalmente dentro del contexto y objetivo de la escuela, y deben promover vidas saludables como un valor comunitario.

ACTION FOR
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KIDS 

HOJA DE TIPS

Las recompensas no materiales como el reconocimiento, privilegios y oportunidades de actividad física u otros tipos de enriquecimiento son maneras poderosas de cumplir estos objetivos. Las recompensas materiales como útiles, juguetes y certificados de regalo pueden ser donados por los padres u organizaciones de padres y maestros para emplear de manera más limitada.

Alumnos de la primaria

- Llevar encargos a la dirección
- Película divertida
- Ser el maestro por un día
- Ser ayudante en otro salón
- Leer los anuncios matutinos
- Sentarse con sus amigos
- Comer el almuerzo o desayuno en el aula
- Jugar su juego favorito o un rompecabezas
- Bailar en el aula
- Tiempo libre al final de la clase
- Tiempo adicional de recreo
- Presentación de sus artículos favoritos del alumno
- Vales para la tienda escolar (artículos no comestibles)
- Caminar con el director o profesor
- Descanso divertido de actividad física
- Leer un libro especial
- Certificado, trofeo, listón, placa
- Escuchar música o un libro en audio
- Leer afuera o tener clase afuera
- Clases adicionales de arte, música o lectura
- Que el profesor haga un acto especial, ejemplo: cantar, tocar la guitarra, malabares
- Juntar puntos o dinero de juguete para ganar privilegios o artículos no comestibles
- Certificado de reconocimiento o carta para los padres del maestro o director
- Viaje a la caja de tesoros con artículos no comestibles, ejemplo: calcomanías, lápices, borradores, marca libros
- El acceso a artículos que se pueden utilizar solamente en ocasiones especiales

Recompensa con Reconocimiento

Consideren reconocer a los alumnos en los anuncios matutinos, en las asambleas escolares, o en un pizarrón de reconocimiento con fotos, o en la página de internet de la escuela. A la mayoría de los alumnos les gusta ser reconocidos frente a sus compañeros. No subestime el poder de las llamadas o correos electrónicos a los padres, una nota escrita a mano o un certificado de reconocimiento.

Alumnos de la secundaria

- Sentarse con sus amigos
- Escoger un compañero para las actividades
- Escuchar música mientras trabajan
- Pases para menos tarea o para no tener tarea.
- Créditos extras
- Película divertida
- Rompecabezas, actividades de grupo y juegos
- Juntar puntos o dinero de juguete para ganar privilegios o artículos no comestibles
- Tiempo en la computadora
- Tiempo libre o para platicar al final de la clase
- Asambleas
- Excursiones
- Comer o dar la clase afuera



Todos los niños saludables, activos y listos para aprender.

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Recompensas Saludables No Comestibles



Premios Comestibles

Las recompensas comestibles contradicen las lecciones de nutrición, añaden calorías inservibles a las dietas de los alumnos y les animan a comer cuando no tienen hambre –creando hábitos no saludables que pueden quedarse para toda la vida contribuyendo así a la epidemia de obesidad infantil. Una investigación indicó que cada costumbre alimenticia (ej. incentivos y recompensas comestibles) que promueve comidas poco nutritivas en la escuela es asociada con 10% del aumento de índice de la masa corporal de los alumnos (BMI por sus siglas en inglés).¹

Inicie una iniciativa de premios saludables para toda la escuela:

- Encuentre un maestro para ser un campeón de recompensas saludables.
- Ponga un tablón de anuncios promoviendo recompensas saludables.
- Pídale a los maestros que tomen una promesa de “ningún alimento como recompensa.”
- Haga una presentación sobre recompensas saludables en una reunión del personal.
- Crear normativas de la escuela alrededor de recompensas saludables.
- Proporcione artículos pequeños para que los maestros los utilicen, con donaciones o fondos de PTA / PTO.
- Reconocer a los maestros que dan recompensas no alimenticias.

Alumnos de la Preparatoria

- Crédito adicional
- Película divertida
- Menos tarea
- Vale para entregar la tarea después de la fecha límite
- Cupones para música, películas o libros
- Sorteos de premios de artículos donados
- Convocatoria de inspiración
- Reconocimiento en los anuncios matutinos
- Boletos para eventos escolares, ej. bailes, eventos deportivos

Recompensas del PTO/PTA

- Botellas para agua
- Ropa con el logotipo escolar
- Boletos para el cine
- Tiempo especial con un maestro
- Videojuegos activos
- Fiesta en la alberca, excursión, o excursión en grupo a un lugar divertido
- Rifas para premios mayores, como bicicletas o un paseo en limosina

“El recompensar a los alumnos con alimentos no saludables debilita nuestros esfuerzos de educarles sobre la buena nutrición. Es como hablarles sobre la importancia de no fumar y después darles encendedores y ceniceros a los alumnos que se desempeñaron.” - Marlene Schwartz, PhD, Co-Director, Rudd Center for Food Policy and Obesity, Yale University

Action for Healthy Kids® es una red nacional que moviliza a los profesionales de la escuela, las familias y las comunidades para que tomen medidas que mejoren los alimentos escolares, la educación nutricional, la actividad física y la educación física para todos los estudiantes. A través de oportunidades de financiamiento, asistencia técnica de expertos y nuestro programa, Game On, Action for Healthy Kids apoya a las escuelas para que se conviertan en lugares más saludables donde los niños prosperan.



1: Visite ActionforHealthyKids.org/References



MOVEMENT IN THE CLASSROOM

Study after study shows kids who get regular physical activity experience improvements not just in their fitness levels, but in brain function, too. Classroom movement activates the brain, improves on-task behavior and leaves students more focused and ready to learn. There are many fun and creative ways to incorporate movement into the daily schedule, and many resources are available to help schools get started.

Classroom Activity Breaks

There are many names for physical activity breaks such as brain breaks, energizers, and brain boosters. Regardless of what you call it, the goal is simple! Get kids out of their seat and physically active throughout the school day. And don't forget to have fun!

- Brain breaks are quick exercises that can last a minute or more. Some are specifically designed to cross the body's midline, which helps to engage both sides of the brain. Brain Gym and Energizing Brain Breaks are good resources.
- Breathing, stretching and short yoga exercises have been shown to have many benefits for kids in school. They can calm and clear the mind, relieve tension and stress and increase concentration, focus and attention span.¹
- Physical activity can also be linked to specific academic content learning.² Teachers can have students practice spelling or vocabulary words while walking around the room. Or play a game of charades based on a topic the class is studying. Active Academics and Take 10 are good resources.

For Middle and High School Students

- Implement fitness breaks during homeroom or the advisory period.
- Involve students in creating, planning and leading their own activity breaks.

More Ideas

- Use fitness alarms. Ring the bell and have the entire school drop everything for a fitness break.
- Ask teachers to take "Walk and Talk" breaks — the class goes for a walk and discusses the lesson along the way.
- Have the PE teacher or other school staff lead fitness breaks during morning announcements.
- Use music to get kids moving more in the classroom, in the hallways during transitions and during lunch. Use music and videos that appeal to the targeted age groups.

Music is Key
Music is a powerful tool. At East Grand School District in Granby, Colorado you might see students dancing to music during transitions or movement breaks, special education classes doing ball exercises with music and music setting the tone of the day or being used to introduce a lesson theme.³

^{1,2,3}See ActionforHealthyKids.org/References

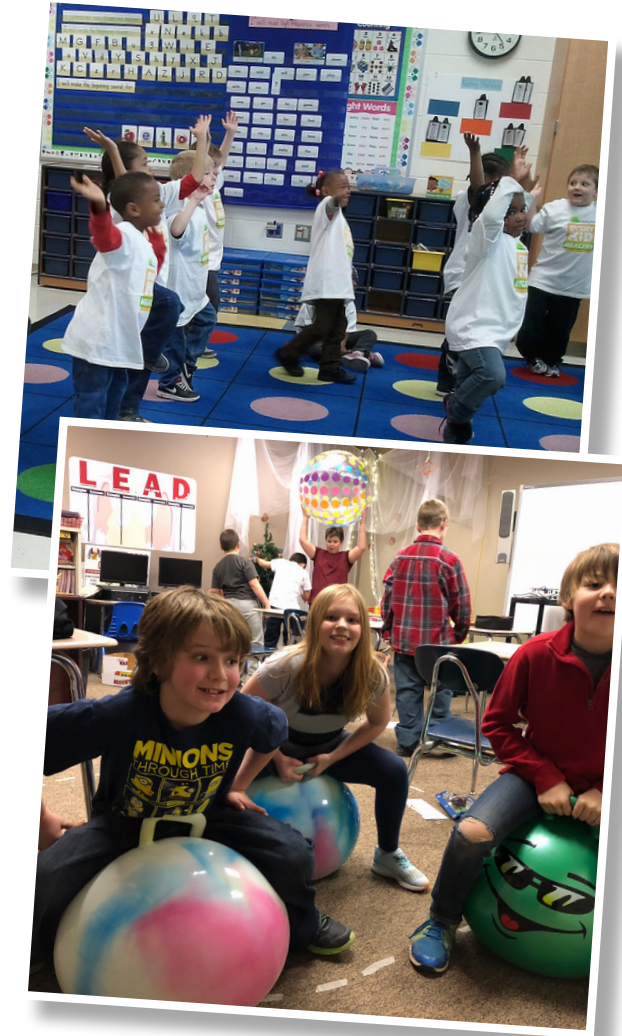


Tips for Success

- **Involve your physical education teacher.** They can teach students activities during PE class that they can do in the classroom. This empowers students and helps teachers feel more comfortable implementing activity breaks.
- **Ask students to share their physical activity break ideas.** As students get comfortable doing physical activity breaks, ask them to lead the activity. Classroom teachers should be given choices as to which materials they will try with their students. Demonstrate these choices during staff meetings to help them become comfortable. Add physical activity breaks right into your daily schedule. This helps to ensure you take breaks regularly. Use a classroom physical activity tracker to help your students reach 10 minutes daily.

GoNoodle

GoNoodle gets kids moving to be their smartest, strongest, silliest, best selves. Short, interactive movement videos and games make it simple and fun to incorporate movement into every part of the day with dancing, stretching, running and mindfulness activities. At school, teachers use GoNoodle to keep students active inside the classroom. At home, GoNoodle turns screen time into active time, so families have more fun and get moving together.



PARENT ADVOCATE

Shannon Ratliff felt that Brain Breaks should be a routine part of the day at South Lakewood Elementary in Colorado. With a grant from Action for Healthy Kids, Shannon provided each teacher with a box of props, laminated training cards and a Smart Board application for the entire school to use. Shannon held a training class, implemented a program to track progress and created incentives for them to reach their goals. Teachers and students love the program.

Resources

Action for Healthy Kids Game On Activities

actionforhealthykids.org/game-on-activity-library

Active Learning Opportunities, Classroom Physical Activity Breaks, Brain Breaks for Testing

Go Noodle: gonoodle.com

Energizing Brain Breaks: energizingbrainbreaks.com

Brain Gym: braingym.org

My School in Motion: myschoolinmotion.org

Yoga Foster: yogafoster.org

Yoga Health Foundation: yogahealthfoundation.org

Yoga 4 Classrooms: yoga4classrooms.com

Yoga Kids: yogakids.com

Content Learning with Movement

Active Academics: activeacademics.org

Take 10!: take10.net

For Secondary Students

Colorado Education Initiative, "Take a Break! Teacher Toolbox-Physical Activity Breaks in the Secondary Classroom": <http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>



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Descansos Físicos en la Escuela

Los descansos físicos estimulan el cerebro, ayudan a mejorar la concentración y permiten que los alumnos estén más dedicados y listos para aprender. Existen varias maneras divertidas e ingeniosas para incluir los descansos de acondicionamiento físico en la rutina diaria, y hay varios recursos disponibles para las escuelas que desean iniciar un programa.

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Descanso de Actividad en el Aula

- Los descansos para el cerebro son ejercicios breves que pueden durar un minuto o más. Algunos están hechos especialmente para cruzar la intersección del medio cuerpo, lo cual estimula ambos lados del cerebro. Brain Gym y Energizing Brain Breaks son buenos recursos.
- El respirar, estirar, y lo ejercicios breves de yoga han mostrado ser beneficiosos para los niños en la escuela. Pueden relajar y despejar el cerebro, aliviar la tensión y el estrés, aumentar la concentración, y el lapso de concentración.¹
- La actividad física también se puede relacionar con el aprendizaje de materias académicas específicas.² Los maestros pueden pedir que los alumnos practiquen su ortografía o las palabras del vocabulario mientras caminan alrededor del aula. O pueden hacer un juego de mímicas con el tema de estudio actual. Active Academics y Take 10 son buenos recursos.

GoNoodle

GoNoodle consigue que los niños se muevan para ser la mejor versión de si mismo, más inteligente, más fuerte, más gracioso. Los videos cortos, interactivos de movimiento y los juegos hacen que sea simple y de diversión para incorporar el movimiento en cada parte del día con actividades de baile, estiramiento, funcionamiento y de la atención plena. En la escuela, los maestros usan GoNoodle para mantener a los estudiantes activos dentro del aula. En casa, GoNoodle convierte el tiempo de la pantalla en tiempo activo, por lo que las familias se divierten más y se mueven juntos.

Más Ideas

- Tener “alarmas de actividad física.” Sonar la campana y pedir que todos en la escuela dejen todo a un lado, para tener un descanso de acondicionamiento físico.
- Pedirle a los maestros que tomen descansos para “Caminar y Conversar” – toda la clase sale a caminar y en el camino van charlando de la lección.
- Que el maestro de Educación Física u otro integrante del personal guíe los descansos de acondicionamiento físico durante los anuncios matutinos.
- Emplear música para que los niños estén activos en el aula, en los pasillos al desplazarse, y durante la hora de comida. Asegúrese de utilizar música y videos llamativos para las edades de los niños.

La Música es la Clave

La música es un arma poderosa. En el distrito escolar de East Grand en Granby, Colorado, se puede observar lo siguiente: los alumnos bailando con música durante el traslado entre clases o durante los descansos de movimiento, clases de educación especial donde hacen ejercicios con la pelota al ritmo de la música, música marcando el tono del día o siendo utilizada para introducir el tema de una lección.³

Para los alumnos de secundaria y preparatoria:

- Poner en práctica los descansos de acondicionamiento físico durante los periodos de orientación o su clase principal.
- Lograr que los alumnos participen en crear, planificar, y conducir sus propios descansos de actividad.



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Descansos Físicos en la Escuela

Ideas para lograr el éxito

- Involucre a su maestro de Educación Física. Ellos pueden enseñarle a los estudiantes actividades durante la clase de Educación Física, que pueden hacer en el aula. Esto capacita a los estudiantes y ayuda a los maestros a sentirse más cómodos implementando descansos de actividad.
- Pida a los estudiantes que compartan sus ideas para descansos de actividad física. Cuando los estudiantes se sientan cómodos haciendo descansos de actividad física, pídeles que guíen la actividad. A los maestros de salón de clase se les debe dar opciones en cuanto a qué materiales usarán con sus estudiantes. Demostrar estas opciones durante las reuniones del personal para ayudarles a sentirse cómodos. Agregue pausas de actividad física a su horario diario. Esto ayuda a asegurarse de tomar pausas regularmente. Use un rastreador de actividades físicas en el aula para ayudar a sus estudiantes a alcanzar 10 minutos diarios.

Shannon Ratliff, madre defensora, sintió que los “Brain Breaks” (descansos cerebrales) deberían ser parte de la rutina diaria en South Lakewood Elementary en Colorado. Con una subvención de parte de Action for Healthy Kids, Shannon les facilitó a los profesores una cajita de dispositivos, tarjetitas de entrenamiento laminadas y una aplicación de Pizarrón Inteligente para que la escuela entera utilizara. Shannon realizó una clase de entrenamiento, implementó un programa para supervisar el avance, y creó incentivos para que alcanzaran sus metas. ¡A los profesores y alumnos les encantó el programa!

Recursos adicionales

Go Noodle: gonoodle.com

Energizing Brain Breaks: energizingbrainbreaks.com

Brain Gym: braingym.org

Yoga Health Foundation: yogahealthfoundation.org

Yoga 4 Classrooms: yoga4classrooms.com

Mindful Life: mindfullifeyoga.com

Yoga Kids: yogakids.com

Aprendizaje del contenido con movimiento

Active Academics: activeacademics.org

Take 10!: take10.net

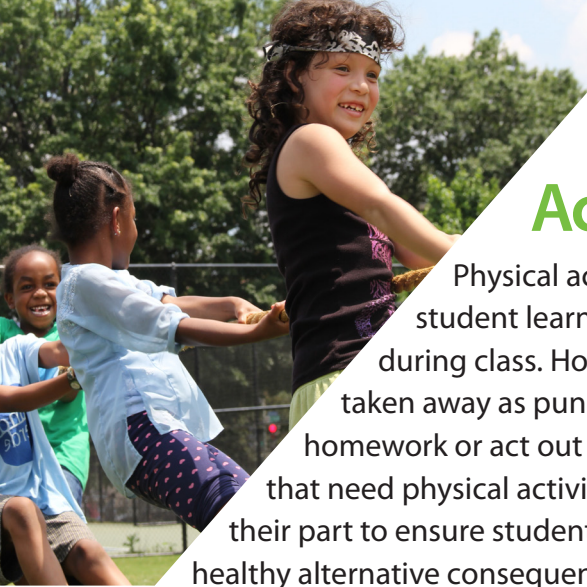
Para alumnos en la secundaria

Colorado Legacy Foundation - “Take a Break! Teacher Toolbox - Physical Activity Breaks in the Secondary Classroom”: coloradoedinitiative.org/resources/teacher-toolbox

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1, 2, 3: Visite ActionforHealthyKids.org/References



Alternatives to Withholding Physical Activity as Punishment

Physical activity during the school day helps improve student learning, social-emotional skills and attention during class. However, recess and physical education are often taken away as punishment for students who don't complete homework or act out in class. Often times, these are the students that need physical activity the most. Teachers and parents can do their part to ensure students get the activity they need by implementing healthy alternative consequences!

GAME ON ACTION FOR HEALTHY KIDS 
TIP SHEET

Alternative Disciplinary Measures

Here are some ways to discipline kids and offer teachable moments.

Students can:

- Clean up the mess they made or remedy the situation for which they are being punished (natural consequence).
- Write an essay on what they did wrong and how to behave better next time (reflection and self-evaluation).
- Write an apology letter to the person who has been wronged. Use it as an opportunity to discuss the importance of seeking and giving forgiveness.
- Miss a class trip or school event if they cannot behave properly (loss of a privilege).
- Do community service.
- Stay late after school for detention.
- Have credit deducted for homework that is turned in late.

Did You Know...

The Centers for Disease Control and Prevention (CDC) recommends that children get at least 60 minutes of physical activity each day.

Physical activity helps:

- Build healthy bones and muscles
- Reduce feelings of depression and anxiety, and promotes psychological well-being
- Reduces the risk of chronic diseases and obesity

Positive Classroom Management Techniques

Positive classroom management techniques can be used to avoid behavior problems all together. By reinforcing positive behaviors and setting clear expectations, students are less likely to misbehave.

- Include students in establishing classroom expectations and outcomes; review expectations frequently.
- Be consistent with enforcing behavioral expectations
- Reward positive behavior:
 - Trip to treasure box filled with non-food items such as stickers, pencils, erasers, bookmarks, school supplies, etc. for good behavior
 - Access to items that can only be used on special occasions as a reward for good behavior such as special art supplies, games or toys
 - Special privileges for good behavior such as having lunch with the teacher or friends



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Alternatives to Withholding Physical Activity

Tips

- **Make sure administrators are supportive of alternative consequences.** Ask your administrator to approve materials that are shared with staff to help enforce this practice.
- **Identify a teacher who excels in classroom management.** What do they do to address poor behavior? Can others use their system?
- **Review classroom expectations frequently with students.** Develop routines to help students understand what appropriate classroom behavior looks like.
- **Keep it positive!** Reward students who are doing the right things!

Benefits of Recess

Academic Benefits

- Over 80% of principals report that recess has a positive impact on academic achievement¹.
- Two-thirds of principals report that students listen better and are more focused after recess¹.

Social Benefits

- Gives children a much-needed break from a rigorous learning environment.
- Allows students an opportunity to practice social skills and use their imaginations.

Physical Benefits

- Allows students to release pent up energy.

¹"The State of Play", Robert Wood Johnson Foundation

Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.



Super Deck: A Multi-Game Fitness Card Deck:

A 54 card deck that can be used to play multiple games to get students fit and active.

Dan DeJager: @thepechallenge dddejager@yahoo.com

How can you use this deck?

You can use this deck to play a variety of games that are fun to play and incorporate some fitness exercises along the way. It can be used by physical educators when they are inside with limited space to help develop student fitness and teach proper exercise technique. It can be used by classroom teachers to give students a “brain break”. It can also be played by families at home to help kids develop fitness, to give students a break between other subjects while homeschool teaching or as a fun game on game night.

How do you make the deck?

For this deck, you will need to color your own. Print 6 copies of the card deck sheet at the end of this document or if you don't have a printer you can create your own. Color the backgrounds on 2 of the sheets purple, 2 green, and 2 red with colored pencils, crayons or colored pens. Cut out the cards. If you did not print on cardstock, you may want to glue the cards to index cards or the face of other playing cards. You can also put the cards in card sleeves.

How do the symbols work?

There are 3 symbols: Push-Ups, Crunches and Body Squats. Whenever a card is used to exercise, the player performs one repetition for that type of exercise for each symbol on the card. Modifications can be used for each exercise to meet student ability levels. For upper grade students, each symbol might be worth 2 or 3 repetitions.

Seven Great Games You Can Play...

Fit Frenzy

Grade: K+

Players: 2-5

Time: 10 minutes

On the word “Go” players each draw a card from the stack of cards in the center of the play area. They then perform the proper number of exercises on the card. Once the player has completed the exercise, they draw another card and perform that exercise. Players continually draw and complete exercises until there are no more cards. When there are no more cards left in the super deck the game is over. The player with the most cards at the end wins. If there is a tie for the number of most cards, the player with the most symbols on their cards is the winner.

Fit Frenzy 5

Grade: 5+

Players: 2-5

Time: 10 minutes

Each player is dealt 2 cards face up in front of them. Each player completes the number of exercises on their cards. When they have completed the exercises, they draw 2 more cards from the draw pile and discard any one of their cards. They then complete the exercises for the cards in front of them (now 3 cards). Once exercises are complete, they can draw 2 and discard any one card in front of them again (and perform all of the exercises again.) Play continues until a player gets 5 cards of either the same color or same exercise. The first player to get the 5 matching cards is the winner.

Fit Frenzy Solo

Grade: K+

Players: 1

Time: 1 minute+

The player gets a timer ready for 1 minute. The player then starts the clock. Player draws a card from the stack of cards in the center of the play area. They then perform the proper number of exercises on the card. Once the player has completed the exercise, they draw another card and perform that exercise. Player continually draws and completes exercises until the timer goes off. When the timer goes off the game is over. The player counts the number of cards they earned, takes a quick break, then it's time to play again to see if they can beat their score.

Quick Draw

Grade: 3rd+

Players: 2-5

Time: <5 minutes

The objective is to get 5 cards of the same color. Players are each dealt 5 cards. Players can choose to discard 1 to 4 of their cards. They then draw a card for each card discarded. Their hand should be back to 5 cards. The player with the most cards of the same color is the winner. If there is a tie, the player with the most symbols on their cards is the winner. All players, including the winner, then complete the 5 card workout made up by the winner's card's symbols.

Remember The Exercises? (“Memory”)

Grade: K+

Players: 2-4

Time: 10 minutes

Remove all cards of one color (put the others aside) and place them in the center of the player area in 3 lines of 6 cards each face down. Players take turns flipping 2 cards. If they find 2 cards that are exactly the same, they keep those cards and flip again. If they find 2 cards that are different all players do the exercises on those cards. The cards are then flipped back over and it is the next player's turn to flip. Play continues until there are no more cards left in the center play area. The player with the most cards wins.

Workout!!!

Grade: 3+

Players: 2-4

Time: 20-30 minutes

1. Choose a dealer. Dealer shuffles all cards and deals 12 cards face up in the center of the players.
2. Players look at all cards in the center.
3. Players yell "Workout!" if they can find 3 cards with every card either having all similar or all different characteristics as the other 2 cards.
4. They must all either have all the same or different exercises, colors, or number of exercises.
5. The Workout is checked by all players to make sure its characteristics are either all the same or all different.
6. If the 3 cards form a Workout and each characteristic on the 3 cards is either all of the same or all different, play is paused and all players do the exercises on those cards.
7. The player that found the Workout keeps those cards, then places 3 new cards in the center.
8. If a group is unable to find a Workout within 1 minute, remove and replace 3 of the cards.
9. Play continues in this manner and players continue to find and keep "workouts" until no more "workouts" can be found in the center. This is the end of the game. The player with the most cards at the end wins.

No Mas!

Grade: 1+

Players: 2-4

Time: 15 minutes+

Place the shuffled stacked Super Deck face down in front of all of the players as a draw pile. Deal 5 cards to each player. Flip one card face up from the draw pile. Decide on the start player. That player must play one of the cards from their hand on top of the face up card that either matches the color or the exercise on the card that is face up. If they cannot place a card they must draw a card from the draw pile. If they can place the card they just drew, they may play their card right away. After their turn, play continues with the player to their left. Play continues until one player runs out of cards. That player is the winner of the round. All other players flip over their cards and all players, including the winner, complete the exercises on the remaining cards. The winner then receives one point for each symbol on the cards that were left in the other players hand at the end of the round. Use a pencil and paper to keep score. Play to 25 or 50 points or a time limit of 15-45 minutes. Whichever player has the most points at the end is the winner.



A note from the designer:

Hi! My name is Dan DeJager. I have extensive experience in the world of physical education and was recently blessed to be named 2019 SHAPE America National High School Physical Education Teacher of the Year. Besides physical education, I am also passionate about playing and creating card and board games. I have been working on this design off and on for several years, but I wanted to make it available now to encourage students and their families to get fit while having fun even if they cannot leave their homes. Please feel free to share this print and play of the Super Deck with other teachers, parents and kids at no cost. If you have questions, comments or would like to publish this in to a “real card game” and make the dream a reality please contact me at dddejager@yahoo.com or on Twitter @thepechallenge. Thank you and have fun getting fit!

-Dan DeJager