

Go for the Goal!!

Happy New Year! It is time to set your New Year's Resolution. For those of us in education, the New Year begins in August and September. It is a time to renew, begin again and strive to do better than the last school year. This year, "Go for the Goal!!!" The beginning of the school year brings a new opportunity to make a difference in our profession and more importantly in the lives of our students. During the 2006-2007 year include an advocacy goal as one of your professional priorities. Select one or two activities you want to make happen. Plan a strategy for accomplishment and enjoy the success of making an impact.

Here are a few suggestions:

- Celebrate National Physical Education and Sport Week May 1-7, 2007 by creating an event for the whole school to participate.
- Send home a Physical Education newsletter two or three times during the year to inform families about what students are learning in your program.
- Organize a walking club for students and staff that can occur before or after school or during lunch time.
- Conduct an in-school or in-district workshop on fitness exercises and healthy eating.
- Schedule an assembly that promotes physical activity such as Frisbee demonstrations, the United States Tennis Association, a Circus Arts performing group, or ask a sport celebrity to speak to your classes about the benefits of an active lifestyle.
- Ask your local newspaper to visit your program and highlight your fitness curriculum, rock climbing activities, adventure program, dance program, in-line skating activities or other innovative activity.
- Host a Jump Rope for Heart or Hoop for Heart event.
- Invite an instructor in Self-defense, Yoga, Pilates, Aerobic and Strength Conditioning or Stretching to give a "Master Class" for students or members of your community.
- Include a fitness tip in the morning announcements.
- Arrange a field trip for students to experience, ice skating, bowling, roller skating, rock climbing or other recreational facilities in the community.
- Teach a new content area this year. Challenge yourself to learn new skills that you can teach to your students. How about Latin dancing, kickboxing or step aerobics?
- Sponsor a staff and student volleyball, basketball or softball game. Mix up the teams with students and staff on the same team.
- Host an evening Family Fitness Night. Conduct it as a fitness fair. Ask local businesses to participate.
- Organize a "Wear Your Favorite Sports Clothing Day."
- Develop a fitness circuit in the school building. Use steps, walls, railings, desks, doorways, tables and hallways as activity stations. Be sure to investigate safety regulations when using non conventional items for exercise.
- Organize Fitness Teams with the staff and students. Design a series of activities that the teams need to complete in a designated time. Encourage healthy competition for completion of the events.
- Commit to a goal and collaborate with others to help you make it happen.