



**PROGRAM :**

# A.M. Fitness Club

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**School:** Liberty Center Elementary  
P.O. Box 434  
Liberty Center, OH 43532

**Phone:** (419) 533-2604

**Contributor:** Janet Frederick—NASPE TEACHER OF THE YEAR

## **Program Objective**

- to promote time spent on fitness activities outside of the regular school day

## **Materials/Equipment Needed**

- music with appropriate beat for the activity
- stereo/tape player
- parachute
- jump ropes
- donated prizes

## **Procedures and Teaching Strategies**

- motivate students to take part in other aerobic activities during non-school hours
- employ rapid fire teaching techniques to quickly convey movements and directions

## **Program Description**

The A.M. Fitness Club was started to encourage participation in fitness activities outside of the regular school day.

The Fitness Club's schedule is: 7:30 a.m. until 8:00 a.m.

Monday: 1st and 2nd grade

Tuesday: 3rd and 4th grade

Thursday: 5th and 6th grade

Start classes with brisk walking and arm swings and progress into a jog. The footwork stays a simple jog but the arm actions change. The emphasis on aerobic fitness keeps the students engaged in activities to maintain a higher heart rate over 20 minutes.

Encourage students to take part in three (3) other aerobic activities during the days you do not meet. Also encourage them to gradually increase the amount of time spent on these activities from 10 to 20 minutes or more. Send a chart home for parents to monitor and sign. If the child participates in aerobic activity for his/her prescribed amount of time, four (4) times during the recording period, they win a prize.

## **Program Results**

Normal attendance was from 15-20 participants per session. The student body numbers 600+ and is located in a very rural district where the school bus is the main form of transportation.

## **Program Tips**

**Include parents** who might be interested in a bit of early morning exercise. They are already at the school to drop off their child, why not invite them in for some fun?

**Enlist middle school students** to assist in the Fitness Club. They would be good role models for the younger members and it would be a good opportunity for them to develop leadership skills.

8 A M P L E

NAME \_\_\_\_\_

# FITNESS CHECK

The student must work out aerobically three (3) times a week at home. For this week, \_\_\_\_\_ minutes of continuous activity per session will begin to improve fitness and begin the fitness habit.

MONTH \_\_\_\_\_

|               |                |               |                 |               |               |               |
|---------------|----------------|---------------|-----------------|---------------|---------------|---------------|
| MON.<br>_____ | TUES.<br>_____ | WED.<br>_____ | THURS.<br>_____ | FRI.<br>_____ | SAT.<br>_____ | SUN.<br>_____ |
| MON.<br>_____ | TUES.<br>_____ | WED.<br>_____ | THURS.<br>_____ | FRI.<br>_____ | SAT.<br>_____ | SUN.<br>_____ |

Place the number of the suggested activity on the blank line. A parent or guardian is to initial the square to attest that the student completed the activity.

1. Walking briskly
2. Walk and jog
3. Rope jumping
4. Cycling
5. Aerobic dance
6. Other \_\_\_\_\_

