



PROGRAM

# Healthful Living Field Day

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**School:** C. Wayne Collier Elementary School  
3522 Sturbridge Drive  
Hope Mills, NC 28348  
(910) 424-7200

**Phone:**

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## Program Objectives

- to emphasize to the students the importance of choosing a healthful lifestyle early in their lives, and the rewards derived from maintaining this healthful lifestyle
- to emphasize the importance of fitness and challenge students to reach their highest fitness level

## Materials/Equipment Needed

- space and equipment needed to accommodate the five morning speakers (microphones, lecturns, video equipment when requested)
- supplies for making posters
- wall space to display drawings by students

## Procedures and Teaching Strategies

- present information concerning meaningful healthful living styles to the students
- get students involved through activities such as poster making, monitoring eating habits, etc.
- get parents and faculty to participate in a "fun walk" which incorporates the message of how important it is to include fitness in our daily lives

### Program Description

Healthful Living Field Day is one full day completely devoted to health and fitness awareness. Scheduled one day each year, it involves students in grades K-6.

#### Prior to the event

- The art teacher has the classes work on drawings on the theme of Healthful Living. Selected drawings are displayed for two weeks before the special day.
- The older students (grades 3-6) "chart" what they eat for several weeks before the event. Classroom teachers help them understand the parallel between fitness and a healthy daily diet.
- Arrange for five local health, fitness and safety experts to speak to the students on their area of expertise.

#### The day of the event

**Morning session:** Divide the student body into five groups (by age). Set up five stations where the speakers will give their presentation and assign a timetable for the five student groups to rotate to hear each speaker. (ie. allow 20 minutes for each presentation with 10 minutes travel time to the next station).

**Afternoon session:** Host a one mile "fun walk" for students, teachers, principals and parents—all meeting on the playground. There, a local celebrity (mayor, TV personality, sports figure) gives a short speech to the group...getting everyone motivated to walk. Students make banners and signs with Healthful Living slogans to carry on the walk. Have a local police car

lead everyone through the nearby neighborhood. At different stages of the one mile "fun walk" post signs indicating what foods have been "burned" off...for example after the first 300 yards, a sign would be posted for all to see saying, "congratulations...you have just burned off **one** M&M." Continue with signs like this along the rest of the walk. Parents who join in the walk are enlightened by this too! Checking pulses at the beginning and end of the walk is an optional idea.

#### Program Results

- increased awareness of fitness and nutrition issues by students
- increased comradery between students, faculty, parents and community

#### Program Tips

**Guest speakers** might include well-known athletes from a local college, physicians, nurses or health care professionals, past professional sports players or celebrities, police officers, nutrition experts, etc.

**Topics** for speakers on Healthful Living Field Day might include fitness, strength, flexibility, aerobic endurance, body composition, nutrition, bicycle safety, drug awareness, going to the hospital, dental health, personal safety. Topics can be easily adjusted to fit the age and needs of students.

**Promote** the program to local newspapers, radio, and TV. Send press releases to these media with a copy of the program, and invite them to join the fun walk.

**Present special T-shirts** to morning and afternoon guests.

# Schedule For Healthful Living Field Day

Time:

**MORNING SESSIONS**

Date:

**SESSION A**

TOPIC:

LOCATION:

SPEAKER:

STAFF/FACULTY PRESENTING SPEAKER:

**SESSION B**

TOPIC:

LOCATION:

SPEAKER:

STAFF/FACULTY PRESENTING SPEAKER:

**SESSION C**

TOPIC:

LOCATION:

SPEAKER:

STAFF/FACULTY PRESENTING SPEAKER:

**SESSION D**

TOPIC:

LOCATION:

SPEAKER:

STAFF/FACULTY PRESENTING SPEAKER:

**SESSION E**

TOPIC:

LOCATION:

SPEAKER:

STAFF/FACULTY PRESENTING SPEAKER:

Note: Lunch periods as regularly scheduled. One Mile "Fun Walk For Health" will be held from \_\_\_\_\_ . President: \_\_\_\_\_

S A M P L E



TEACHER INFO SHEET



Healthful Living Field Day

LIST  
CLASSES  
HERE BY  
TEACHER  
NAMES

	GROUP 1 (K-1st gr.)	GROUP 2 (1st - 2nd gr.)	GROUP 3 (2nd - 3rd gr.)	GROUP 4 (4th - 5th gr.)	GROUP 5 (5th - 6th gr.)

SESSION TIME SCHEDULE

SESSION:..... LIST TOPIC ➡	SESSION A .....	SESSION B .....	SESSION C .....	SESSION D .....	SESSION E .....
8:15-8:45.....	GROUP 1 .....	GROUP 2 .....	GROUP 3 .....	GROUP 4.....	GROUP 5 .....
8:45-9:15.....	GROUP 5 .....	GROUP 1 .....	GROUP 2 .....	GROUP 3.....	GROUP 4 .....
9:15-9:45.....	GROUP 4 .....	GROUP 5 .....	GROUP 1 .....	GROUP 2.....	GROUP 3 .....
9:45-10:15.....	GROUP 3 .....	GROUP 4 .....	GROUP 5 .....	GROUP 1.....	GROUP 2 .....
10:15 - 10:45 .....	GROUP 2 .....	GROUP 3.....	GROUP 4 .....	GROUP 5.....	GROUP 1 .....

Students will spend 15-20 minutes at each station...with 10 minutes travel time to the next station. Please be at your first scheduled station 7 to 8 minutes before starting time to get your class seated. I know our student body will be both courteous and appreciative to these guest speakers and visitors to our campus.

SESSION	LOCATION
A	_____
B	_____
C	_____
D	_____
E	_____

Parents are encouraged to come for the one mile "fun walk" to be started at approximately 1:30 p.m. An invitation to parents will be sent home with the children.

# S A M P L E

Dear

On ( day ), ( date ), ( name of school ) will be holding our first "Healthful Living Field Day." The purpose of this day is to emphasize to our student body, the need for acquiring positive, healthful living habits early in life...and the rewards derived from maintaining this kind of lifestyle.

We hope you will help us accomplish our purpose by presenting a session on this day. If you participate, you will be joined by four other presenters from health-education related fields, and will begin at 8:15 a.m. We're asking you to give a 15-20 minute presentation to five different groups ranging in age from 5 to 12 years. Each group will have approximately \_\_\_\_\_ students in it.

At 10:45, you would be finished and free to leave. For your information, later in that same day, (around 1:30) the whole school will go on a one mile "fun walk" through our community. We welcome you to join us if your schedule allows.

I will be sending you more information in the near future concerning "Healthful Living Field Day" and contacting you to confirm your presentation.

If bad weather forces us to cancel on \_\_\_\_\_ we have established a makeup date of \_\_\_\_\_.

If you have any questions...please contact me at school: ( phone # )  
We look forward to your presentation, and thank you in advance for your help.

Sincerely,

(Signature)

Dear Parent:

You are invited to join your child

\_\_\_\_\_ (child's name)

Date:

Place:

for a one mile "FUN WALK" during

## Healthful Living Field Day



We will all meet on the playground and begin our walk at approximately 1:30 p.m. We hope to see you there!

In case of rain, we will hold Healthful Living Field Day on \_\_\_\_\_ (date)