

February 2012

Elementary Level



WHAT YOU CAN DO TO SUPPORT...

PHYSICAL ACTIVITY AWARENESS Month!

⇒ Visit the SSSD website for programs, resources & news: www.healthiersf.org

Teach a Lesson

Contact your Health Advocate to locate curriculum resources.

| Recommended Lessons from District Adopted Curricula for <i>Physical Activity Promotion</i> | | | | | | |
|--|---|--------------|-------------------|--------------|------------------|-------------------------|
| Curriculum | Grade K | Grade 1 | Grade 2 | Grade 3 | Grade 4 | Grade 5 |
| <i>Daily Quality Physical Education</i> (SFUSD adopted Physical Education Curriculum) | ←←← All Levels →→→ Remember: State Law mandates 200 minutes of P.E. every 10 days! | | | | | |
| <i>Actions for Health</i> (ETR) | Lessons 25, 26 | Lesson 10 | Lessons 13, 14 | Lesson 10 | Lessons 10-12 | Lessons 4,5,11,12,16 |
| Video & curriculum: <u>Body Talk 3</u> (The Body Positive) | ←←← Grades 1 - 3 →→→ | | | | | |

Attend a Professional Development Workshop

Contact your Health Advocate for more information; also contact the Elementary Physical Education Program Implementation Specialist, Debbie Vasquez at vasquezd@sfusd.edu to register for professional development workshops being held in February and March (or go online at www.sfusd.k12oms.org).

Collaborate to organize a classroom or school-wide activity

Work with your students, parents, Parent Liaison, Health Advocate, PE specialist and Student Support Services Department staff: Nurse, Learning Support Professional, After School Coordinator, Site Nutrition Coordinator.

- **Participate in the poster contest, *My Favorite Physical Activity***, sponsored by School Health Programs and Shape Up S.F.'s P.E. Advocates. See WAD, January 11, 2012. Deadline has been extended to February 8!
- **Organize a school-wide physical activity promotion activity:** create a bulletin board, sponsor a poster contest, provide a parent workshop on physical activity & limiting screen time, hold a jump-a-thon
- **Contact a community based organization** to invite a speaker into your classroom or for curriculum resources: *Children's Power Play!*: (510) 639-1272 , UC Cooperative Extension (650) 871-7559, or see www.healthiersf.org
- **Promote the SFUSD Wellness Policy** (www.sfusdfood.org) by role modeling healthy snacks at staff meetings, rewarding students with physical activity instead of food , encouraging drinking water instead of sugar-sweetened beverages & fundraising with non-food items