



PROGRAM IMPLEMENTATION IDEAS FOR PHYSICAL EDUCATORS

1. Use the **GET OUT GET ACTIVE** Activity Chart when planning for lessons and after school clubs.
 - a. Set up stations to introduce different types of activities on a "Fun and Fitness Day."
 - b. Pick an activity featured in the video to teach in class.
2. Award stickers to students who try something new and are able to verify the experience. (Show and Tell, write a story, etc.)
3. Declare a challenge between the students and the Physical Educators to see who can do the most activities over a period of time. Extend the challenge to other faculty and parents as well.
4. Have a school-wide assembly explaining the Challenge. Have your principal demonstrate one of the activities that he/she enjoys doing.
5. Motivate students to return their personal completed Activity Chart by offering prizes.
6. Close morning announcements with "Remember to **GET OUT GET ACTIVE.**"
7. Use local and district resources to speak at PTO and SAC meetings to motivate and involve the community in the **GET OUT GET ACTIVE** initiative. Involve as many of these resources as possible to assist with the program.
 - a. Remind parents to use the Activity Chart whenever their children are bored or need to be stimulated.
8. Encourage participation in activities that will include children who don't see themselves as "athletic."
9. Walking programs before, during, and after school are easy programs to implement.
10. Make it a point that children can have fun and increase fitness through participation in activities other than athletics.