

# BEFORE, AFTER AND IN BETWEEN PHYSICAL ACTIVITY PROGRAMS

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# Physical Activity Programs

- Before/After School
- During School/Recess
- Designing a 5k
- Full School walking/running program

# Before/After School

- Management
  - Sign-in
  - Accountability
- Different theme each day (theme examples below)
  - Instant activity as students arrive (minimal equipment and music)
  - Health Related Fitness (Flexibility, MS, ME, Cardio)
  - Emoji Scale and RPE / Talk Scale (personalizing physical activity)

# Emoji Scale

1  
Extremely Easy



2  
Somewhat Easy



3  
Good Workout

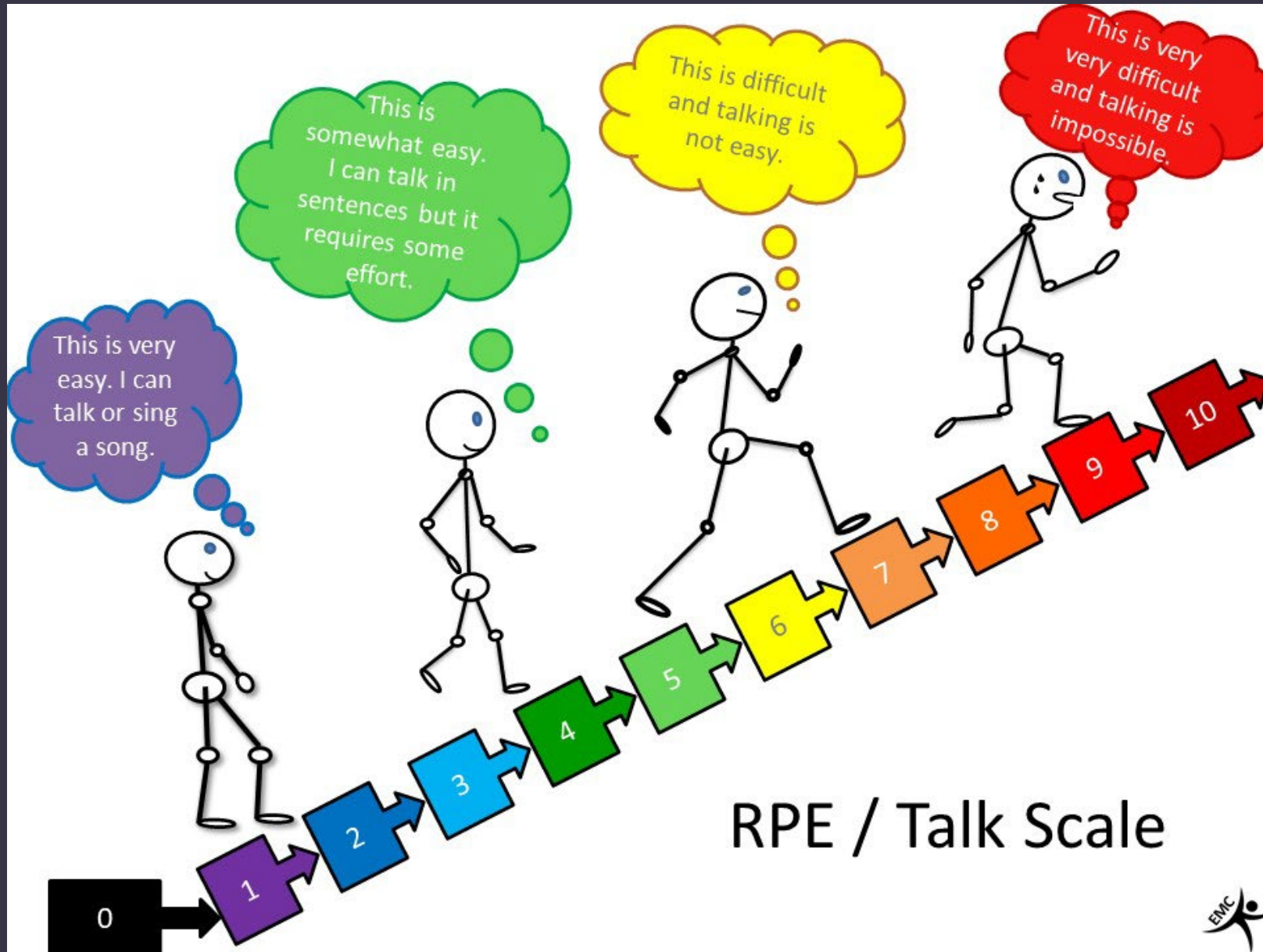


4  
Somewhat Hard



5  
Extremely Hard





# During School / Recess

- Find a colleague
- Mileage cards (card stock)
  - Walking track (hole punch for each lap)
- Toe Tokens and chains
  - Different colors for different miles/steps and events
  - Use a Tackle box (beads)
- Baseline Data
  - Helps to individualize progress for the students



# Baseline Data

Date	Steps	Kilometers
Tuesday 4/28		
Wednesday 4/29		
Thursday 4/30		
Friday 5/1		
Weekly Total		
Weekly Average		

# Incentives

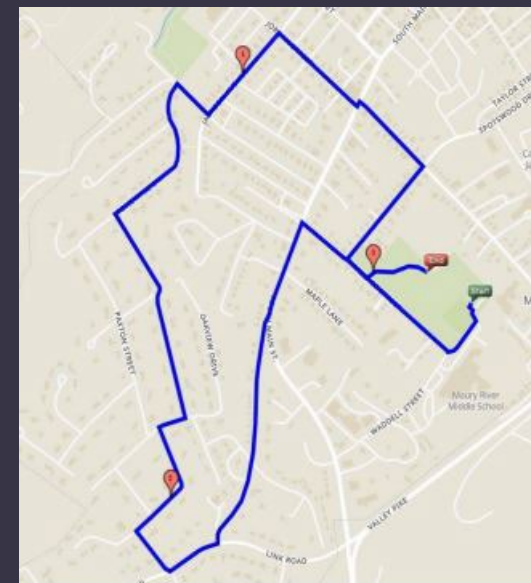
Steps in km	Reward
1 km	Star with chain
5 km	White star
10 km	Red foot
15 km	Orange foot
20 km	Yellow foot
25 km	Green foot
30 km	Purple foot
35 km	Blue foot
Parent & you Physical Activity	Pink foot
Double your 1 <sup>st</sup> week step total	Glow in the Dark foot
10% above your 1 <sup>st</sup> week step total	
25% above your 1 <sup>st</sup> week step total	
50% above your 1 <sup>st</sup> week step total	



# Designing a 5k



- Working with *local authorities* (police / fire and rescue)
  - Local team or college organization to help on race day
- *Shirt design*
- *Registration* (online can use Google Forms)
  - Do not have same day registration
  - Packet pickup (day before the race)
- *Bibs*
  - Color code or numbers to designate 5k vs 1 mile participants
- *Payment options*
  - Venmo or another service that does not use an administration fee
- *Awards* (medals)
- 1 mile and 5k options (Google maps)



# Full School Walking / Running Program

- Create a State Map for each class
- Decide on a distance or how many steps equal a mile
- Administration and staff are a team, each class is a team
  - Students are able to get their mileage during their PE classes



Thoughts and Questions  
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