

FITNESS

FOR

Elementary
School

LIFE

NEW!

Everything you need to implement a coordinated nutrition, physical activity, and wellness program



What is *Fitness for Life: Elementary School*?

The award-winning *Fitness for Life* middle and high school programs now have an elementary school companion. *Fitness for Life: Elementary School* is an innovative multimedia program that facilitates total school involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, and even family nights to deliver appropriate physical activity, plus concepts to promote health-related fitness and active lifestyles.

Fitness for Life: Elementary School was developed by nationally and internationally recognized leaders Charles B. “Chuck” Corbin, Guy Le Masurier, Dolly Lambdin, and Meg Greiner. The program has been field tested and is based on the most current research and standards regarding health-related fitness, activity, wellness, and nutrition.



Philosophy of *Fitness for Life*

Fitness for Life: Elementary School works seamlessly with the *Fitness for Life* middle and high school programs. All *Fitness for Life* programs are based on the HELP philosophy:

- **H**ealth for
- **E**veryone with an emphasis on
- **L**ifetime activity designed to meet
- **P**ersonal needs

This philosophy teaches the value and benefits of lifelong physical activity as well as the idea that physical activity can and should be fun—making students more likely to become and remain active throughout their lives. Combining the elementary, middle, and high school *Fitness for Life* programs will help students become more aware of unhealthy nutrition and activity habits, and establish positive habits that lead to lifelong physical fitness and health.

About the award-winning authors

Charles B. “Chuck” Corbin, PhD. is professor emeritus in the department of exercise and wellness at Arizona State University. He has published more than 200 journal articles and is the senior author, sole author, contributor to, or editor of more than 80 books including *Fitness for Life, Fifth Edition*, winner of the Texty Award (TAA), *Concepts of Physical Fitness, Fourteenth Edition*, winner of the McGuffey Award (TAA), and *Concepts of Fitness and Wellness, Seventh Edition*. Dr. Corbin is past president and Fellow of AAKPE, fellow in the NASHPERDP, an ACSM Fellow, and a life member of AAHPERD. Dr. Corbin was named the Alliance Scholar by AAHPERD and the Distinguished Scholar of NAKPEHE. He is a member of the advisory board of Fitnessgram, was the first chair of the Science Board of the PCPFS and the NASPE Hall of Fame. In 2009 Dr. Corbin was chosen for the Gulick Award, the highest award of AAHPERD.

Guy Le Masurier, PhD. is currently a professor of physical education at Vancouver Island University where he teaches courses in pedagogy, research methods, and nutrition for health and sport. Dr. Le Masurier is co-author of the Texty award-winning book *Fitness for Life: Middle School*, and has edited and contributed to several books including *Fitness for Life, Updated Fifth Edition* (high school) and the *Physical Best Activity Guide*. He has published numerous articles related to youth physical activity and physical education, and served as a co-author on the NASPE Physical Activity Guidelines for Children.

Dolly D. Lambdin, EdD, is a senior lecturer in the department of kinesiology and health education at the University of Texas at Austin, where she teaches undergraduate courses in children’s movement and methods of teaching as well as graduate courses in analysis of teaching and technology application in physical education. Dr. Lambdin has served as the president of NASPE (2004-05) and on the NASPE Board of Directors for two three-year terms. Dr. Lambdin has been honored as the Texas AHPERD Outstanding College and University Physical Educator of the Year.

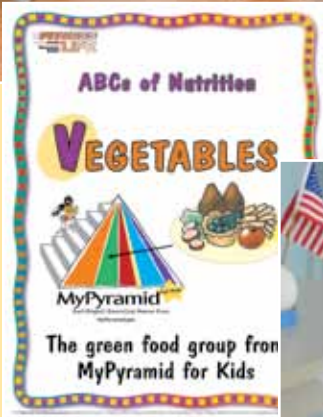
Meg Greiner, MEd, is a National Board Certified elementary physical education teacher at Independence Elementary School in Independence, Oregon. Meg has received numerous national awards and accolades for her innovative physical education program and the development of TEAM Time, including the 2005 NASPE National Elementary Physical Education Teacher of the Year, 2005 USA Today All Star Teacher Team, and the 2006 Disney Outstanding Specialist Teacher of the Year. She has served as the Physical Education President for both Oregon and Northwest District AHPERDs and has served Oregon AHPERD in many capacities and has been honored with the OAHPERD Honor Award.

What are the components of *Fitness for Life: Elementary School*?

Once every nine weeks the entire school conducts a **Wellness Week** (four each year) to focus extra attention on nutrition and physical activity. Following are the major features of each Wellness Week:

- **Classroom activity breaks** using teacher-friendly DVD videos and lesson plans
- **Schoolwide nutrition events** that also involve the participation of the school cafeteria
- **Wellness Week physical education** lesson plans and activities
- **School signs** promoting wellness, which can be posted throughout the school (printable from the DVD-ROM or CD-ROM in each book)
- **Educational messages** about wellness, physical activity, and good nutrition within the physical activity routines on the DVD
- **Schoolwide special events**
 - Get Fit Fridays—schoolwide physical activities
 - Eat Well Wednesdays—schoolwide nutrition activities
 - Other schoolwide celebrations
- **Newsletters** to help families get involved in Wellness Week

During each Wellness Week, physical education classes and classroom daily activity breaks focus on the same nutrition and physical activity theme. Signage around the school, special schoolwide activities, and newsletters all work together to reinforce the week's theme and messages. And the *Fitness for Life: Elementary School* Web site provides supplemental information to help students and families learn wellness concepts.



Wellness Weeks

The *Fitness for Life: Elementary School* program is built around four Wellness Weeks, each highlighting a different physical activity theme and nutrition theme. All classroom, physical education, and schoolwide components of the program support and

reinforce the weekly themes. Each week can be implemented once per quarter, or the lessons could be spread throughout the school year. Plans for each Wellness Week include an Eat Well Wednesday and a Get Fit Friday. On **Eat Well Wednesday** classroom and physical education activities emphasize good nutrition habits that can be applied in the cafeteria or at home. **Get Fit Fridays** focus on active playgrounds and a TEAM Time (Together Everyone Achieves More) schoolwide activity.



Foundations of *Fitness for Life: Elementary School*

Fitness for Life: Elementary School was designed with mandatory school wellness policy guidelines and key legislation in mind. This program will help you comply with

- key guidelines of the Child Nutrition and WIC Reauthorization Act,
- USDHHS National Physical Activity Guidelines for Children,
- USDA National Nutrition Guidelines, and
- NASPE Physical Education Curriculum Standards.

Fitness for Life also incorporates nutrition guidelines associated with MyPyramid and features *The New Physical Activity Pyramid for Kids*.

Resources for implementing *Fitness for Life: Elementary School*

Classroom teachers

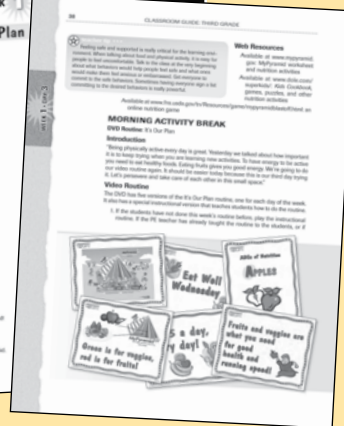
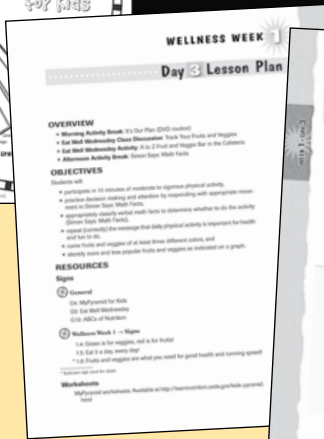
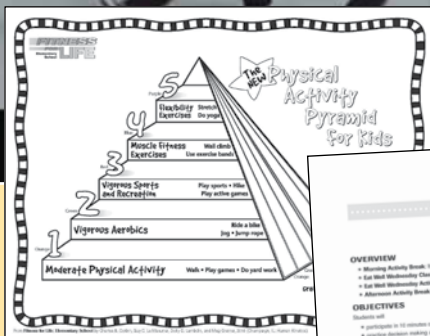
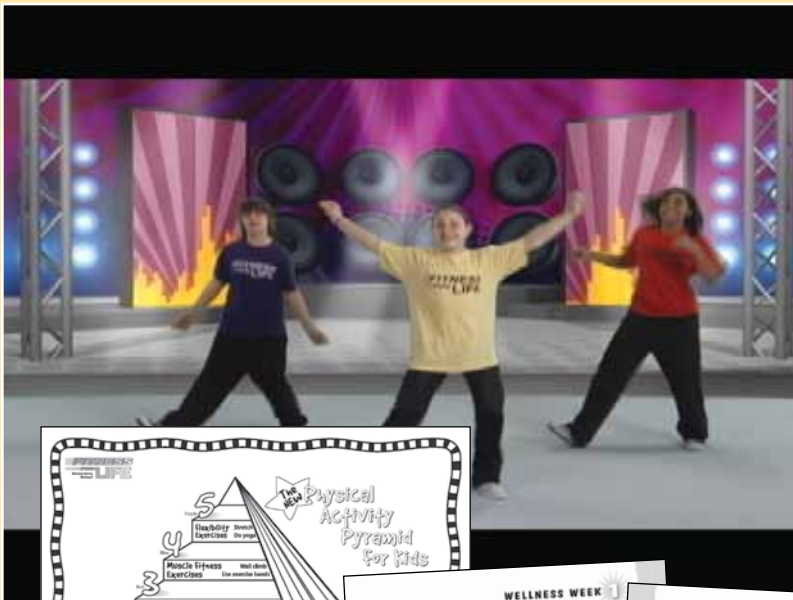
The program includes a *Fitness for Life: Elementary School* classroom guide for each K-6 grade level. **Each classroom guide includes a book and DVD-ROM** that features the following:

- Plug-and-play video routines for morning physical activity breaks with wellness messages embedded in the routines
- Instructional video that shows how to present the video activities
- Afternoon activity breaks that promote learning in the classroom
- Lesson plans for conducting morning and afternoon activity breaks
- General signs to promote overall wellness
- Specific signs to promote the themes and messages of each Wellness Week
- Classroom worksheets, including colorable materials for younger grades (K-2)
- Newsletters

Each classroom physical activity break takes only a few minutes and can easily be incorporated into the school day. The breaks require no equipment and can be performed in the space next to the students' desks.



To view sample content and videos from different levels of *Fitness for Life: Elementary School* visit FitnessforLife.org/samples



Improving academic achievement

Research now clearly indicates that taking time for physical education (20 to 60 minutes) during the day does not detract from academic performance in other academic areas—in fact, taking the time for physical education during the day may enhance test scores according to these studies:

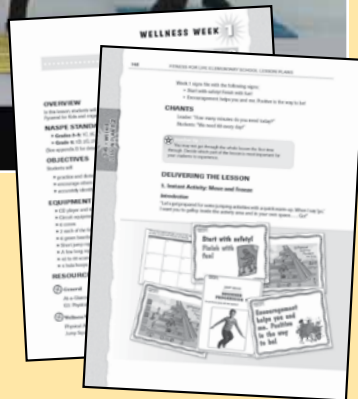
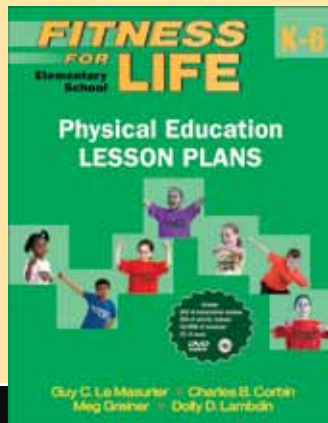
- Shephard & Trudeau, 2005
- Trudeau, Laurencelle, Trembley, Rajic, & Shephard, 1998
- Sallis et al., 1999
- Shephard, Lavalley, Volle, LaBarre, & Beaucage, 1994, 1997
- Dwyer et al., 2001
- Sallis et al., 1999

Resources for implementing *Fitness for Life: Elementary School*

Physical education instructors

This comprehensive program also includes a multimedia package for physical educators to enable them to coordinate their efforts with those of the classroom teachers. The *Fitness for Life: Elementary School Physical Education Lesson Plans* book comes with two DVDs, a resources CD-ROM, and a music CD and offers the following:

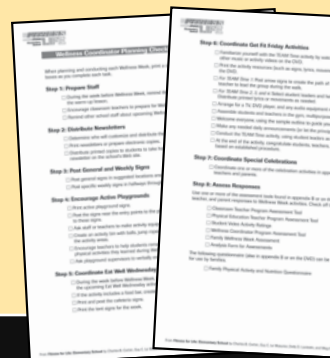
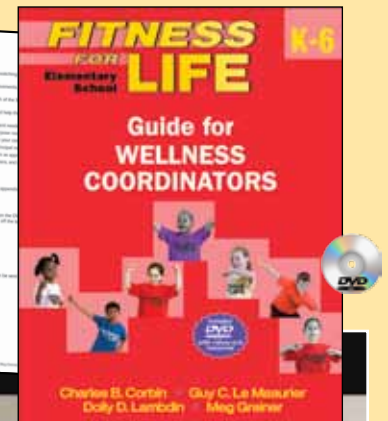
- Lesson plans (standards-based) for preparing for Wellness Weeks and Wellness Week activities
- Activity and task cards for use in physical education lessons
- Music with silent intervals for use with station activities
- Worksheets for use in physical education lessons
- The plug-and-play videos included in the classroom guides, featuring physical activity routines with wellness messages for grades K-6
- Instructional videos that show how to present the video activities
- Signs with activity and nutrition messages
- Newsletters
- Fitness testing activities (based on the nationally used Fitnessgram®)



Wellness coordinators

Each school chooses a wellness coordinator (perhaps the physical education teacher, a classroom teacher, or another staff member) to help manage the program. The *Fitness for Life: Elementary School Guide for Wellness Coordinators* includes all the information the coordinator will need to implement the school wellness program successfully. **The Guide for Wellness Coordinators and accompanying DVD** include:

- Plans for conducting schoolwide Wellness Week activities
- Video for conducting special TEAM Time (Together Everyone Achieves More) activities on Get Fit Friday each Wellness Week
- Eat Well Wednesday activities coordinated with the cafeteria
- Schoolwide signs
- Cafeteria signs
- Active playground signs
- Program overview for teacher training (PowerPoint slides and video interview with senior author Chuck Corbin)
- Wellness Week assessments
- Newsletters



Wellness coordinator guiding a TEAM Time activity

Fitness for Life Web site provides additional information for students, teachers, and families

The *Fitness for Life: Elementary School* Web site, available at www.FitnessforLife.org, provides additional information and resources for everyone involved in the program. Coordinators and teachers can use the resources to enhance the program and their knowledge. The site also includes kid-friendly links to physical activity, nutrition, and general wellness information and resources. Families will be able to learn more about physical activity guidelines, fitness testing, and how the program works. In addition, the Web site offers

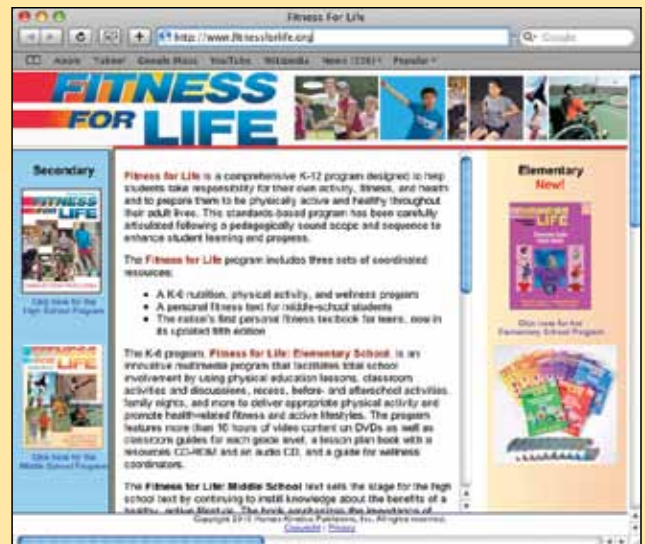
- Information, resources, and links for teachers, coordinators, students, and parents
- How the program uses Fitnessgram tests to assess children's fitness levels
- Answers to frequently asked questions
- Feedback and assessment
- Much more

The *Fitness for Life* Web site also explains how *Fitness for Life: Elementary School* was designed to complement the *Fitness for Life* middle school and high school student texts.

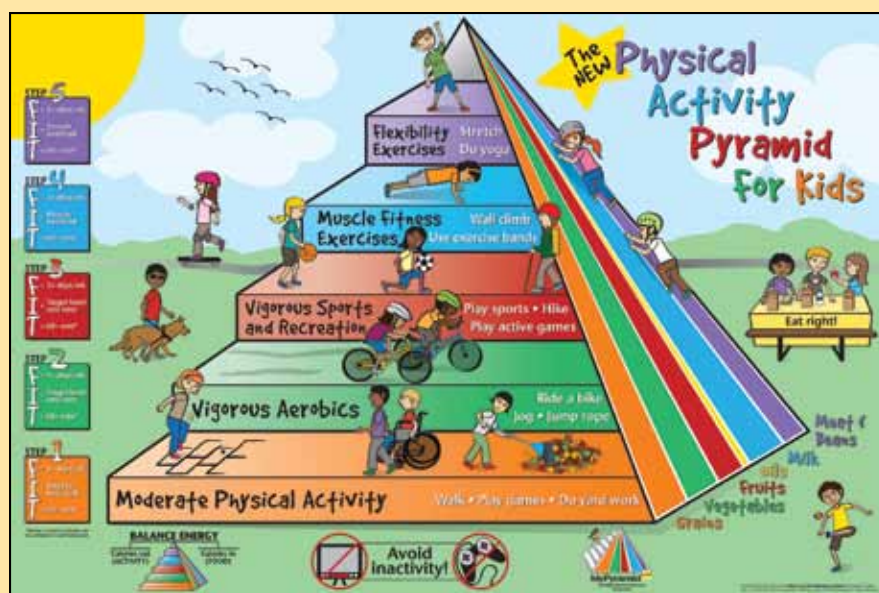
The *Fitness for Life: Middle School* text continues to instill knowledge about the benefits of a healthy, active lifestyle. The book emphasizes the importance of physical activity for all, while exposing students to a variety of activities in the Physical Activity Pyramid.

The high school text, *Fitness for Life, Updated Fifth Edition*, offers more detailed fitness and wellness concepts and focuses on self-management skills for healthy lifestyle change. Students learn to select the physical activities they enjoy and develop individualized lifetime physical activity and wellness plans that put them on the path to lifelong fitness and health.

FitnessforLife.org provides more detailed information about all three levels of the *Fitness for Life* program.



The *Fitness for Life* Web site for all three levels of the program is www.FitnessforLife.org



The New Physical Activity Pyramid for Kids
2010 • ISBN 978-0-7360-9152-7 • 3' x 2'
\$19.00

The New Physical Activity Pyramid for Kids poster now includes physical activity and nutrition information so it is easy to understand energy balance at a glance. This bright, colorful, and informative poster serves as a reminder to children and young adults of the need for an appropriate mix of various types of physical activity as well as good nutrition to achieve good health. Developed by Chuck Corbin, this poster is an excellent tool for the *Fitness for Life*, *Physical Best*, and *Fitnessgram* programs.

Put *The New Fitness for Life Physical Activity for Kids* poster on the wall of your elementary school gym, multipurpose room, cafeteria, hallway, or weight room to give your students an overview of a healthy, active lifestyle combined with good nutrition. With this poster, kids will learn suggested frequency, intensity, and time for each type of physical activity and the appropriate mix of healthy foods.



***Fitness for Life: Elementary School* offers a variety of benefits for your school**

- Teach essential health-related fitness, activity, nutrition, and wellness concepts
- Wealth of materials offers flexibility how to present them
- Meet local and state requirements for daily and weekly physical activity
- Implement wellness in the curriculum
- Implement easy-to-follow standards-based lessons
- Enhance academic performance
- Help fight childhood obesity
- Coordinate efforts with nonschool personnel
- Meet recommendations and standards from CDC, USDA, and NASPE, among others

For more information or to view sample content of *Fitness for Life: Elementary School* or the entire K-12 *Fitness for Life* program, visit the Web site at www.FitnessforLife.org, or contact your K-12 sales representative by calling 1-800-747-4457 or e-mail K12sales@hkusa.com. Fax your purchase order to 217-351-1549.

Order Information

Product Title	ISBN	U.S. Price
Fitness for Life: Elementary School Program Package	978-0-7360-8387-4	\$599
Fitness for Life: Elementary School Physical Education Lesson Plans	978-0-7360-8719-3	\$299
Fitness for Life: Elementary School Classroom Guide: Kindergarten	978-0-7360-8600-4	\$49
Fitness for Life: Elementary School Classroom Guide: First Grade	978-0-7360-8601-1	\$49
Fitness for Life: Elementary School Classroom Guide: Second Grade	978-0-7360-8602-8	\$49
Fitness for Life: Elementary School Classroom Guide: Third Grade	978-0-7360-8603-5	\$49
Fitness for Life: Elementary School Classroom Guide: Fourth Grade	978-0-7360-8604-2	\$49
Fitness for Life: Elementary School Classroom Guide: Fifth Grade	978-0-7360-8605-9	\$49
Fitness for Life: Elementary School Classroom Guide: Sixth Grade	978-0-7360-8606-6	\$49
Fitness for Life: Elementary School Guide for Wellness Coordinators	978-0-7360-8718-6	\$39
The New Physical Activity Pyramid for Kids (3' x 2' poster)	978-0-7360-9152-7	\$19



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Promo Code:

FITNESS **FOR** Elementary School **LIFE**



Fitness for Life: Elementary School includes everything you need to implement a coordinated nutrition, physical activity, and wellness program:

- **4 full weeks** of theme-based lessons
- 7 classroom guides featuring **140 lesson plans and activities** for grades K-6
- A **physical education lesson plan book**
- More than **16 hours of video content**
- A **complete wellness coordinator's guide**
- A **music CD** to accompany the physical education lesson plans
- **Hundreds of full-color reproducibles**
- Program specific **Web site** (www.FitnessforLife.org)

This wealth of information also allows you to be flexible in how you run the wellness program. There is enough material that you don't have to use all the resources the first year; you can choose which materials to use, and how often you would like to use them.