

*My*StationPE.com

Program Overview

Overview

MyStationPE.com is an Internet-based physical education and activity resource center. It offers physical educators, activity leaders and core content instructors lesson ideas and activities for standards-based instruction and assessment methods that integrate academic content with moderate to vigorous activity.

There are five main components that positively impact the number of activity minutes that students can accumulate during the course of the school day while improving nutrition education and supporting district academic goals.

Component 1: GYM Activity Library - Elementary and Middle School Integration Activities

Component 2: Fitness Lab Resource Center – Middle & High School Fitness Programs

Component 3: Nutrition Education Resources – Grades K – 12

Component 4: Recess 500 Challenge – Elementary Recess Recovery

Component 5: Cooperative Games & Sport Education – Grades K – 12

Resources are found in the following format:

Browser Based Activity Instructions

Printable PDF Documents

Streaming Videos

Downloadable Audio

iPod Ready Audio and Video

PEP Success and Service Overview

- MyStationPE.com Training and Online Resources have been a part of 17 awarded PEP Grants and has been adopted by over 30 PEP Grant Awardees.
- Currently MyStationPE.com serves more than 2,000 teachers across the United States impacting the education of approximately 500,000 students.
- 48 school districts serving all socioeconomic and culturally diverse populations utilize MyStationPE.com resources.
- Working relationships and partnerships include several non-profit agencies including The President's Challenge Programs, Youth InterACTIVE and Be Active North Carolina.

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Component 1: GYM Activity Library - Elementary and Middle School Integration Activities

The following academic areas are integrated through the MyStationPE.com G.Y.M. Connections (Great Young Minds™):

**Language Arts, Mathematics, Science, Social Studies,
Nutrition, Cooperative Learning, Brain Research**

The following National Standards and recommendations are used to guide lesson and resource development:

- National Association for Sport & Physical Education
- National Council of Teachers of English
- National Council of Teachers of Mathematics
- National Science Teachers Association
- National Council for the Social Studies
- American Dietetic Association
- USDA's Team Nutrition
- Good Character
- Action Based Learning

Great Young Minds™: Focusing on Integration

With an increased emphasis on academic test scores, schools often sacrifice opportunities for quality physical activity for additional academic instruction. By offering academic learning opportunities through moderate to vigorous physical activity, both students and teachers benefit from stress relieving movement while working toward academic goals and outcomes.

“Physical activity is positively associated with academic performance.”

Dwyer, T., Blizzard, L., and Dean, K. (1996). Physical activity and performance in children. *Nutrition Reviews*, 54(4),S27-S31.

“Physical activity among adolescents is consistently related to higher levels of self-esteem and lower levels of anxiety and stress.”

Calfas, K. and Taylor, W. (1994). Effects of physical activity on psychological variables in adolescents. *Pediatric Exercise Science*, 6,406-423.

“Students who participated in school physical education programs did not experience a harmful effect on their standardized test scores, though less time was available for other academic subjects.”

Sallis, J., McKenzie, T., Kolody, B., Lewis, M., Marshall, S., and Rosengard, P. (1999). Effects of health-related physical education on academic achievement: Project SPARK. *Research Quarterly for Exercise and Sport*, 70(2),127-134.

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Component 2: Fitness Lab Resource Center – Middle & High School Fitness Programs

The MyStationPE.com Fitness Lab is a collaborative effort of Station PE and the President's Challenge Programs. The Fitness Lab is designed for High School and Middle School physical education and After-School programs working toward maximizing the benefits of fitness circuit programs.

The educators and fitness experts at MyStationPE.com have worked with the President's Challenge Programs to integrate the President's Challenge Fitness Tests as well as the Active Lifestyle Program into this online Fitness Lab. With a focus on nutrition and goal setting, the fitness lab links activity leaders to the President's Challenge Programs and utilizes these powerful tools in a meaningful way to teach students how to manage their own personal wellness.

Educators and activity leaders will find everything they need to implement a successful Fitness Lab program including:

- mini-lessons focused on nutrition, fitness and goal setting
- complete wellness walking program with student evaluation portfolio
- circuit ideas complete with printable station cards and video demonstrations
- fitness testing instructions and resources
- music MP3s ready for download to an iPod, MP3 Player or CD
- equipment and supply recommendations

For more information about the President's Challenge Programs visit:
www.presidentschallenge.org

Component 3: Nutrition Education Resources – Grades K – 12

With the release of the 2005 Dietary Guidelines for Americans and MyPyramid.gov, America's nutrition and dietetic leaders reaffirmed the critical relationship between healthful eating and physical activity. By integrating critical nutrition concepts into quality physical activity experiences each Bon à PE ® G.Y.M. Connection reinforces and unites two core components of healthful living.

Our use of the USDA's Team Nutrition Program content focuses on important nutrition education concepts that can help our students understand how their food choices impacts their overall wellness. Our activities integrate the following concepts.

- Eat More From Some Food Groups Than Others
- Every Color Every Day
- Be Physically Active Every Day
- Choose Healthier Foods From Each Group
- Make Choices That Are Right for You
- Take One Step at a Time
- Vary Your Veggies and Focus On Fruits
- Knowing your Food Math
- What's on a Food Label

United States Department of Agriculture (2005). MyPyramid for Kids Classroom Materials. Team Nutrition: <http://teammnutrition.usda.gov>

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Component 4: Recess 500 Challenge – Elementary Recess Recovery

This program, along with staff development its training, challenges and motivates students to increase and become aware of physical activity levels during recess. The program includes a step-by-step guide for making the Recess 500 Challenge come alive on your school yard and playground.

What is the Recess 500 Challenge?

Thanks to a National PEP Grant awarded to the Xenia Public Schools and Wright State University, Xenia teachers and Wright State Faculty began working with MyStationPE.com to increase and improve movement opportunities for students in and out of the classroom. Recess was one part of the solution in Xenia and an organized method for improving and monitoring physical activity during recess seemed helpful. The Recess 500 Challenge was born.

Quick Overview:

- Students wear a pedometer to recess in order to track total steps during their activity time. The goal for every student is to take 500 steps or more during recess.
- When they are successful students return to the classroom, complete a Recess 500 Success Sheet and display it on the Recess 500 Graffiti Wall.
- The class is challenged to fill the Graffiti Wall within a set period of time – 1 Month, 2 Months, etc...

Component 5: Cooperative Games & Sport Education – Grades K – 12

MyStationPE.com Cooperative Games and Sport Education Units are designed to meet all 6 NASPE National Standards while focusing on social development and responsible play. Classes or large groups are broken into appropriately sized teams. These teams will stay together for the duration of the unit. They will work together to accomplish practice and game goals that match directly to the NASPE Standards.

Self-Governing and Cooperative Play are the main objectives of this program. Both practices and games will be organized and carried out with little or no adult direction or interference. Teachers and other adults will act as facilitators and skill coaches. However, each team is responsible for its own practice, game preparation and game play. This includes game-time rule observation and score keeping. Expected behaviors are clearly defined in assessment rubrics and a major portion of program evaluation is based on both individual and team behavior and social performance.

The following simple statements will act as the driving force as well as the measuring stick for each goal of the SPORT Unit Program.

- Practice with Purpose
- Play with Heart
- Win with Dignity
- Lose with Pride