



Tools For Action

A sample of physical education initiatives in Wisconsin

Morning exercises (aerobics)

Contact Information

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Program Information

Program Name Morning exercises (aerobics)
Program Category Third P.E. visit
Grade Level Elementary School (K-2); Elementary School (3-5)
Assessment Method

Program Information

Products Developed or Materials Used:

The only product would be the routines that I made up to go along with the music.

Program Description:

At the start of each day, the school has announcements over the P.A. system. After the announcements are finished, we do a brief 2 song aerobic workout. I use 6th graders as leaders to go into each classroom and be the "models" for the class. Directions for each exercise are given over the P.A. system along with the music. I am talking as to what is coming next and the leaders have a sheet with the steps too. The students like to bring in music to use and love hearing their name announced as to who brought the musical selection. It starts the day off with blood flowing throughout the body and it wakes the students up! It also is done everyday so if the minutes are added up, it covers the third P.E. visit that the classroom teacher is suppose to cover. We don't have room in the gym for every class to use it for their 3rd visit so this takes its place. The effort that students put forth is noted by the classroom teacher and is included as part of their effort grade on the report card. I have not done any research on how this effects fitness scores. Hopefully, it is helping with flexibility and strength because the first song is usually focusing on those types of activities, along with warming up the heart. The second song is to get the heart pumping and the bodies moving!

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)