

# ***Take Time! Physical Activity in Schools Initiative***

## **Physical Activity Programs for Schools**

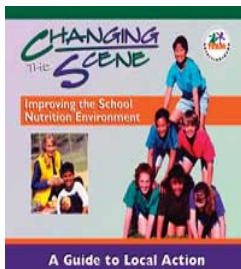
The following programs have been either research tested and proven effective or reviewed and considered to be a promising practice.

### Maine Programs



**CATCH** (Coordinated Approach to Child Health) is an elementary level program designed to promote physical activity and nutrition. The program has components that work with the Food Service program, the health curriculum and the physical education program. The National Heart, Lung and Blood Institute (NHLBI) originally sponsored a national trial on the CATCH program. The results from the pilot schools in the trial showed that CATCH program was successful in modifying children's behaviors by improving eating and physical activity. The CATCH intervention was also successful in modifying the fat content of school lunches and increasing moderate-to-vigorous physical activity in physical education and that the behavior changes and long-term. The Maine Cardiovascular Health Program, which sponsors CATCH in our state, provides free training and the curriculum materials to all interested elementary schools. The CATCH curriculum has been aligned with the Maine learning results.

Contact: Ted Trainer, CATCH Coordinator, Maine Cardiovascular Health Program  
Phone: 207-622-7566 Ext. 249  
Email: [etrainer@mcd.org](mailto:etrainer@mcd.org)



**Changing the Scene** is a team approach to changing the school nutrition and physical activity environment from the United States Department of Agriculture (USDA). It includes a free action kit for schools from Team Nutrition. Team Nutrition Changing the Scene kit is designed to help advocate for and implement healthy changes in schools environments. The *Changing the Scene* action kit helps parents, teachers, school administrators, school foodservice professionals, and the community promote healthy eating and physical activity by addressing the environment within the school. The kit

includes a guide to local action with definitions of success, ideas on how to make changes and a variety of resource materials. Specific items included in the kit are the PowerPoint presentation, transparencies and script, resources from collaborating organizations, video and brochures, and CD-ROM. In Maine, the Maine Nutrition Network has provided training on *Changing the Scene* for many school teams. Each school district can obtain a free copy of this kit from the following website:

<http://www.fns.usda.gov/tn/Resources/changing.html>

Contact: Mary Ann Bennett, Project Specialist

295 Water Street

Augusta, Maine 04330

Phone: 207-626-5044

Email: [maryann.bennett@maine.gov](mailto:maryann.bennett@maine.gov)



**Maine-ly Nutrition** is a program, funded through the USDA's Food Stamp program, that is offered to all schools in Maine that have low income populations (50% or more free and reduced school lunch). Teachers are asked to commit to 25 hours of nutrition education, including planning, meeting, shopping and classroom activities, and in return they are provided with \$100 for nutrition education supplies, a choice of nutrition/physical activity programs for use in the classroom, free teacher training workshops, and other related resources. Another \$250 is also available for a team of 3 or more teachers who would like to sponsor a schoolwide event relating to nutrition and physical activity.

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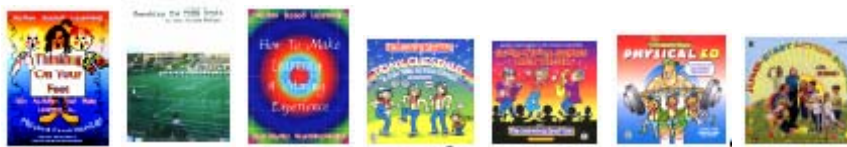


**WinterKids Outdoor Learning Curriculum** is a pioneering tool designed to help educators integrate outdoor winter activity into classrooms to improve the academic success and health of students. Geared to grades K-12 and aligned with Maine Learning Results and National Education Standards, the WinterKids Outdoor Learning Curriculum features innovative lesson plans, units, and activities that connect classroom academics with outdoor winter activity. The interdisciplinary guide addresses numerous subject areas, including science, math, history, ecology, art, writing, health and nutrition, and physical education. The curriculum includes evaluations, assessments, rubrics, games and activities that may be done with or without snow. A complete adapted component for special needs students is also included.

WinterKids is a non-profit organization committed to helping Maine children develop lifestyles of health, physical fitness, and education through participation in outdoor winter activities.

Contact: Carla D. Marcus, Executive Director  
Phone: 207-761-3774  
Email: [cmarcus@winterkids.org](mailto:cmarcus@winterkids.org)  
Website: [www.winterkids.org](http://www.winterkids.org)

## National Programs



**Action Based Learning** is an educational consulting firm featuring award winning Consultant and Speaker, [Jean Blaydes Madigan](#), an internationally known Neurokinesiologist. Jean's dynamic presentations site brain research findings that support and demonstrate the importance of movement in the learning process by teaching academics kinesthetically. The firm offers a variety of training sessions and learning materials for teachers, parents and kids in all grade levels. Some of the training sessions for teachers deal with information on how to better understand the needs of students' brains at any age to provide strategies for teaching and learning. Materials that are offered an array of reading materials, educational programs for school use, CDs, videos, shower curtains, and toys.

**Action Based Learning**  
232 Zachary Walk  
Murphy, Texas 75094  
972-234-0475  
1-866-234-0475 Toll-Free  
972-424-2280 FAX  
[jean@actionbasedlearning.com](mailto:jean@actionbasedlearning.com)



The **Peaceful Playgrounds™ Program** Kit includes several activity guides, rulebooks, program overview video, problem-solving strategies, and permanent game and activity designs painted on blacktop, such as a map of the United States (to scale) for grades K-6. Peaceful Playgrounds™ offers trainings, curriculum that complement the program, and other

resources as well as assessment and evaluation tools. You may even be able to get a grant to help your school implement the Peaceful Playgrounds™ Program at your school.

Melinda Bossenmeyer, Ed.D

**Peaceful Playgrounds™**

23181 Pretty Doe Drive  
Canyon Lake, California 92587

1-877-444-9888 Toll Free

1-909-244-1844 Fax

<http://www.peacefulplaygrounds.com/contacts.htm>



The **SPARK Lifelong Wellness Program** has been developed for elementary physical education specialists, classroom teachers, and after school program leaders. **SPARK LW** is designed to teach children and adolescents the skills and techniques necessary to be active outside of physical education class, on the weekends, during vacations, and ultimately the rest of their lives. In **SPARK LW**, children learn how to be in charge of their own physical activity and programs. This program is targeted at grade levels 4-6. **SPARK LW** provides the lifelong wellness curriculum, training for staff, and follow-up support. They even offer information on how to obtain money to implement their programs.

For information, call 1-800-SPARK-PE or Email [spark@sparkpe.org](mailto:spark@sparkpe.org).

## **VERB™**

VERB™ is a social marketing campaign of the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC). The mission of the campaign is to increase and maintain regular physical activity among tweens (children ages 9 to 13) using media advertising, community events, partnerships and strategic marketing to reach tweens, parents, and other adult “influencers.”

VERB Anytime Doubletime is designed as a 10-day program for middle school teachers to increase the numbers of hours that students are physically active before, during and after school. You decide when to do the program using the ready-to-use Anytime Doubletime materials from the VERB campaign.

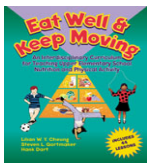
Contact: [www.cdc.gov/youthcampaign/materials/AnytimeDoubletime.htm](http://www.cdc.gov/youthcampaign/materials/AnytimeDoubletime.htm)



## Planet Health

**Planet Health** is an interdisciplinary curriculum focused on improving the health and well-being of sixth through eighth grade students while building and reinforcing skills in language, arts, math, science, social studies, and physical education. The materials are designed to fit within existing curricula. Through classroom and physical education (PE) activities, **Planet Health** aims to increase activity, improve dietary quality, and decrease inactivity.

Contact: [www.humankinetics.com](http://www.humankinetics.com) 1-800-747 4457



## *Eat Well & Keep Moving*

*Eat Well & Keep Moving* is an interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits in upper elementary school students. The book focuses on classroom lessons, but it can also be used to reinforce healthy practices in the cafeteria, gymnasium, home, and community. This complete resource includes everything you need to teach students about nutrition and fitness in a classroom setting or to launch an effective school-wide program. The ready-to-use materials fit easily into any existing curriculum and are designed to help classroom teachers overcome any uneasiness they may have about presenting unfamiliar health topics while they build students' language arts, math, science, social studies, and physical education skills.

Contact: [www.humankinetics.com](http://www.humankinetics.com) 1-800-747 4457

**TAKE 10!**<sup>®</sup> is an innovative teaching tool, for grades K-5, that capitalizes on a child's natural desire to be active. The program, developed and validated by the International Life Sciences Institute Center for Health Promotion (ILSI CHP), is designed to reduce sedentary time in the school day while promoting positive health messages about physical activity and nutrition. TAKE 10!<sup>®</sup> activities link academic curriculum requirements in math, science, language arts, and social studies with 10-minute periods of physical activity. The students review and learn content area information while doing physical activity. The activities are easily adaptable for different physical ability levels.

Contact: [www.take10.net](http://www.take10.net)

## **BAM!** A CDC website with a special section for teachers

*BAM!* offers current, credible, and applicable interactive content that your students can use to investigate health and science topics for school, as well as on their own. The site was carefully planned to be a resource for teachers who would like to incorporate the

health topics covered on the site in their classrooms. Physical Activity is the primary topic highlighted.

Contact: [www.bam.gov](http://www.bam.gov) (click teacher's corner)