

Bethalto Community Unit School District #8



Local Wellness Policy

Bethalto CUSD #8 Local Wellness Policy

Updated April 2019

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Bethalto CUSD #8 Local Wellness Policy

Preamble

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; health education teachers; school nurses; school administrators; and the general public.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The name(s), title(s), and contact information of these individual(s) is:

Name	Title	Email address
Kristen Brewer	Foodservice Director	kbrewer@bethalto.org
Dr. Kelly McClain	Director of Curriculum, Instruction, & Assessment	kmcclain@bethalto.org
Sherri Verdun	School Nurse	sverdun@bethalto.org
Cheryl Whitman	School Nurse	cwhitman@bethalto.org
Jacob Peal	Teacher	jpeal@bethalto.org

School wellness procedures coordinator at each school:

School	Representative	Contact Number
Bethalto East Elementary	Principal	618-377-7250
Parkside Elementary	Principal	618-377-4100
Meadowbrook Intermediate	Principal	618-377-7270
Trimpe Middle School	Principal	618-377-7240
Civic Memorial High School	Principal	618-377-7230

Wellness Policy Committee Responsibilities

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District may use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The District will actively notify the public about the content of or any updates to the wellness policy. The District will also use these mechanisms to inform the community about the availability of the triennial reports.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Bethalto CUSD#8 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2016 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- Bethalto CUSD#8 website www.bethalto.org

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods and Beverages

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day).). This includes, but is not limited to, vending machine and à la carte items.

Celebrations and Rewards

All foods offered on the school campus are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the USDA. (See Appendix A)
2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards (list available upon request); and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). (See Appendix B) Staff will be encouraged to not use foods and beverages as a reward, or withhold food and beverages as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the USDA*]. (See Appendix C)

Foods that do not meet the USDA Smart Snacks in Schools nutrition standards may be sold on exempted fundraising days. At the 9-12th grade level, 9 exempted fundraising days will be permitted throughout the school year. For 8th grade and below, no exempt fundraising days are permitted.

If a group would like to sell foods that do not meet the USDA Smart Snacks in Schools nutrition standards, they must place a request with the school office. The school office will be in charge of approving or denying the requests.

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [Dietary Guidelines for Americans](#), [MyPlate](#), and [Team Nutrition](#)

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- In Physical Education classes at all grade levels
- FunTastic Nutrition Program through BJC at Parkside
- 10th grade Health Education

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- <http://bcusd8menus.weebly.com>

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- P.E. classes will be offered at all grade levels K-12th

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. (See Appendix D).

The following opportunities for participation in school-based sports shall be offered to students each year:

- Middle School – Softball, Football, Boys and Girls Cross Country, Boys and Girls Basketball, Wrestling, Volleyball, Boys and Girls Track, Cheer and Dance
- High School Sports – Football, Boys and Girls Soccer, Boys and Girls Cross Country, Baseball, Softball, Boys and Girls Basketball, Boys and Girls Tennis, Boys and Girls Golf, Boys and Girls Track, Boys and Girls Bowling, Wrestling, Cheer and Dance
- High School Summer Sports Camps for younger students

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- American Heart Association – Kids Heart Challenge, Jump Rope for Heart Health at the elementary schools

Other Activities that Promote Student Wellness

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Cafeteria try days, cafeteria vegetable of the month promotions, student taste tests
- Miles for Smiles dental program at the elementary schools
- "Sick Week" for 1st graders – to promote healthy living and handwashing
- Character Walk at Meadowbrook
- Pacer Test at Meadowbrook
- Triathlon for Meadowbrook and Trimpe Middle School students
- Platinum Chef Competition at CMHS
- Blood drives throughout the district

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Girls on the Run at Parkside and Meadowbrook
- Medical Occupations class at CMHS
- Health Careers Club at CMHS

Appendix A: Healthy Party Ideas

Non-Food Celebrations

- Games or crafts – ask parents to bring supplies for a game or craft project
- Let's trade! Ask parents to bring small items to trade, such as pencils, stickers or erasers
- Dance party
- Extra recess or play time
- Special book
- Guest readers
- Activity time
- Overnight stuffed animal or item from class or program
- Special show and tell
- Special time with principal, teacher or site staff – take a walk around the school or playground
- Organize a community project
- Have a themed scavenger hunt around the school or site
- Stock a treasure chest – ask parents to bring items such as pencils, stickers and erasers or other small trinkets to fill the chest
- Themed parade around your school- try a vocabulary or food group theme!
- Allow the birthday child to be the class or site assistant for the day to help with special tasks, such as making deliveries around the school or site or lead the line
- Make it an event! Allow the birthday child to wear a special sash and crown or carry a special item
- For birthday celebrations, allow the birthday child to choose the game, activity, music, item, book, etc.

Healthy Snack and Beverages Ideas

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit – trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars

- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

Adapted from Alliance for a Healthier Generation; Healthy Celebrations, Lets Celebrate!; viewed on 2.6.15; https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/

Appendix B: Alternative Ways to Reward Children

- Pencils
- Stickers
- Erasers
- Drawings or raffles for a prize
- Tokens/points toward a prize
- Special physical activity breaks
- Choice of special activity
- Students have the opportunity to lead an activity
- Extra free time
- Special book selected by student
- A feat by a teacher or principal
- Special dress day (like PJs)
- Special visitor
- Choice of music for study time
- Certificates or ribbons
- Post recognition signs (i.e. student of the month) around the school
- Special section in the announcements
- Call or letter to a parent
- Photo board
- Going first for something
- “No Homework” pass
- Designing a prominent bulletin board
- Special event (i.e. dance or kite-flying party)
- Extra recess or P.E. time

*Adapted from Alliance for a Healthier Generation; Non Food Rewards; viewed on 2.6.15;
https://www.healthiergeneration.org/_asset/tljc7f/12-5933_NonFoodRewards.pdf*

Appendix C: Healthy Fundraising Ideas

Events that promote physical activity and celebrate fitness

- As-THON-ishing results: School groups raise thousands of dollars when students get pledges for miles biked, distance walked, time jumped, or time skated. Bike-a-thons, Trike-a-thons, Walk-a-thons, Jog-a-thons, Skate-a- thons, and Dance-a-thons, as well as 1K or 5 K races, are a few examples.
- Hidden talents = fundraising treasures: Talent shows are a fun and healthy way to raise money. Children can sing, dance, juggle, perform magic tricks, do gymnastics, and get ready for an appearance on American Idol!
- Friendly competitions: Tickets sales for games can really boost the bottom line. Example = basketball games between a high/middle school team – and a team of teachers, police or fire department members, or local college players.
- Sport-o-rama: A bowling alley, miniature golf course, or club (tennis, swim, or fitness) can help sponsor/organize a tournament or family fun night.
- Rent-a-teen programs: Young people can set up a ‘job bank’ to rake leaves, water gardens, mow lawns, walk dogs, wash windows, or do other services.

Other events that involve communities in supporting schools

- Carnivals or game nights
- Spelling bees for kids and adults
- Book fairs and read-a-thons
- Giant yard and/or craft sales
- Auctions of products and services
- Raffles for products and services

Non-food items to sell

- Car washes and dog washes
- Recycling (cans to ink cartridges)
- Singing telegrams
- Holiday gift-wrapping services
- Grocery store rebate programs
- Bake-less bake sales
- School spirit items, especially those that support healthy choices, such as water bottles, Fribees®, and other sports equipment and clothing. Other options include decals, bumper stickers, cups, and stadium pillows/blankets
- Coupons books
- Calendars
- Magazine subscriptions
- First aid and car safety kits
- Holiday wreaths, candles, greeting cards, and wrapping paper
- Newsletter and yearbook space or advertisements
- School supplies (notebooks, pencils, pens and crayons)
- Arts and crafts made by students and/or school staff

Adpated from Mississippi Department of Education, Office of Healthy Schools; Smart Fundraising for Healthy Schools; viewed on 2.6.15;

http://www.healthyschoolsms.org/ohs_main/initiatives/documents/FundraisingAlternatives.pdf

Appendix D: Ideas for Physical Activity Breaks

- 1. Chair Aerobics:** Have students pull their chairs out from their desk. They should sit up straight, keeping their ankles together to do leg lifts by extending their legs to a 180-degree angle for 20 repetitions. Then have students stand behind the chair and while holding the back for balance, extend their right leg out to the side to a 45-degree angle for 20 repetitions. Then repeat with the left leg.
- 2. Task Master:** Have students stand up and push in their chairs. Explain that you are going to give them a series of tasks and the goal is to complete them as quickly as possible. Direct students that once they have completed the task, they should stop where they are and raise their hand. For the first task have students touch 10 chairs not in a row. For the next task have students touch elbows with 8 classmates. For the last task, touch toes with 6 classmates wearing 6 different colored shirts.
- 3. Boogie Days:** Have students spread out across the room and play one school-appropriate song and let kids bust-a-move. Have them follow your moves and make sure movements are appropriate. Try doing some vintage moves like the Twist, mash potatoes or just jumping around.
- 4. No Stress Test:** Make it a classroom tradition to have a 5-minute walking break before a test to help everyone unwind and relax.
- 5. Take a Tour:** Lead students on an imaginary tour of a different country or state in a charades-like game. For example, take a tour of Texas: march to the Alamo, climb an oak tree, climb Guadalupe Peak, swim in the Gulf of Mexico. Create other simulations that point out various landmarks within any state.
- 6. Play Cards:** Using a standard card deck, assign an activity to each of the four suits (ex: jumping in place, running in place, sit-ups, squats). Pass out a card to each student and they have to do the activity for that suit for 20 seconds. Have students pass their cards to their neighbor and repeat for 5 passes. Add a twist: have students perform the activity the number of times designated on the card.
- 7. Mix it Up:** Create a dance sequence one move at a time by calling out a move. Add one move each time through the sequence. Moves could include: stomp left, high five, jump twice, spin in a circle, squat, etc.
- 8. Acting Out:** Read a paragraph or page of a book, and every time an action verb comes up, the students have to act it out.
- 9. Look Ma, No Hands!:** Have students put an object on the floor (pen, notebook, ID card) and call out different body part they have to try to pick it up with (ex: elbows, feet, knees, forearm, neck, etc).
- 10. Keep it Clean:** Push some chairs to the side and draw an imaginary line down the middle of the room. Give students several soft objects to throw (wadded up paper from the recycle bin works well). Students begin throwing objects across the line—the object is to keep objects off of your side of the room. When you call “time” the cleanest side (the one with the fewest objects) wins. Do best 2 out of 3 for minute sessions.
- 11. Calm Down:** Lead students in stretches to help loosen up tension. Have students each hold for 15-20 seconds each: reach for the sky, touch toes, arm circles, neck circles, knee to chest, etc.
- 12. Quiz Me:** While reviewing for a test, ask the students a series of true-or-false questions. If the question is true students should jump in place for 15 seconds. If it is false they should touch their toes.
- 13. Shake It:** Students remain seated and raise their hands in the air. Have them start by shaking their right hand 10 times, left hand 10 times, left foot 10 times and right foot 10 times. Repeat counting down the number of shakes from 9-1. Speed up or slow down the counting to keep it interesting.

14. Workout Videos: Although most workout videos can last from 20-40 minutes, they're often broken down into different moves that only last 2-4 minutes. If you have a TV in your classroom, work through a video over the course of a week doing one move at a time. Libraries often have workout videos for students.

15. Write Your Name: Using your index finger as an imaginary pencil, write your name in huge cursive in the air. Now repeat using different body parts as your pencil — elbow, knee, toe, belly button, head. Don't forget to make sure all your i's are dotted and t's are crossed!

16. Mime Yourself: Have students get into pairs and without talking mirror each other's actions. Specify who will be the leader to start, and tell students that without talking they should switch back and forth as to who has the lead.

17. Take the Long Way: Before your next class change, stop class 3 minutes early and take your students the long way to their next room.

18. Stand Up for Vocabulary: Create a poem or song using vocabulary words that all start with the same letter. Every time a word starting with that letter is said or sung have students stand up or sit down.

19. Rainstorm: Have a rainstorm in your classroom. Have students follow your lead; begin by having students very lightly rubbing their hands together, then lightly snap, slap their thighs, slap their thighs and stomp their feet (the rainstorm is at its peak!). Then stop stomping their feet, just slap their thighs, return to lightly snapping, rubbing their hands and stop. Do each action for 20 seconds.

20. Animal Instincts: Pick one student to call out an animal and have everyone mimic how that animal moves. Go around the room until every student has an opportunity to call out an animal and the class has mimicked that animal.

21. Train Like a Pro: Have students emulate various sports for 10-15 seconds each:

- kick a field goal
- shoot a jump shot
- run through tires
- swing a bat
- serve a tennis ball
- downhill skiing
- spike a volleyball
- swing a golf club
- throw a football
- shoot an arrow
- shoot a hockey puck
- swim

22. The Classroom Workout Circuit: Have students do the following in place for 1 minute each (feel free to mix up the order): jog in place, high knees, jumping jacks, hop on one foot, hop on the other foot, hop on both feet.

23. Take a Seat! Have students stand up and pull their chairs away from their desks. They should stand in front of their chair (seat facing out). Have students quickly sit, then stand, sit then stand 8-10 times. Next, quickly repeat sitting halfway down and standing, repeating 8-10 times. Last, have students barely sit (just touching the chair) and stand quickly repeating 8-10 times.

24. Stations: Create 3 stations in different areas of the room designated by a sign depicting a different physical activity (boxing jabs, running in place, jumping on both feet, jumping jacks, sit-ups, etc). Divide students into 3 groups and assign them to a station. Have students perform the activity for one minute and then rotate to the next station. To mix it up, add new types of activities or more stations.

25. Do the Conga! Have students line up, placing their hands on the shoulders of the student in front of them. Start some music and lead students around the classroom.

26. Walk and Talk: Break students into groups of 2 or 3, and assign a topic related to a current lesson plan that students need to discuss while taking a 5-minute walk. They should report their discussion back to the class.

27. Physical Activity Jeopardy: Tape 5-10 envelopes with one physical activity listed inside each envelope on the board in the front of the classroom. Write 10, 15, 20 and 25 on the outside of each envelope. Call on a student to pick one of the envelopes, and the class performs the physical activity inside it for the number of repetitions listed on the front of the envelope. Activities could include: boxing jabs, jumps, push-ups, triceps dips using their chair, arm circles, jumping jacks, elbow to opposite knee touches, etc.

28. Feel the Beat: Have every student get a partner and sit cross legged on the floor facing their partner 2-3 feet away. Place a hacky-sac or other object between them. Turn on some music and have students perform the following actions to the beat of the music:

- tap knees
- tap shoulders
- clap
- tap knees, shoulders, clap
- clap partners hands (both, right-right, left-left)

When the music stops, students try to be the first to grab the hacky-sac. Repeat for 5 times.

29. Stretch It Out: Have students stand with both arms extended out in front. Slowly, alternate using arms to push open an imaginary door. Clasp hands together and extend arms out, bending the elbows slightly, and stretch neck by lowering your head (as if trying to touch nose to chest).

30. Future Trainer: Have a student lead a 3-5 minute physical activity break doing any activities or games of the class's choosing —be creative and have everyone in the class get involved.

Adapted from Fuel Up To Play 60; In-School Activity Break Ideas; viewed on 2.6.15
<https://school.fueluptoplay60.com/tools/view.php?id=15749467>