



## Healthy Moves

The increasing sedentary lifestyles children develop early on are those they take into adolescence and ultimately adulthood. Physical education classes have been increasingly phased out among many schools nationally due to increasing pressure on student academic achievement, coupled with consistent cuts in K–12 operating budgets. Classroom teachers have increasingly assumed the role of developing and conducting physical education classes, often without the training or supports they need to integrate that instruction into their regular curriculum objectives for students.

To support the mission of schools in providing physical education, the Healthy Moves Trainer-in-Residence program present lessons in 4<sup>th</sup> and 5<sup>th</sup> grade physical education (PE) classrooms for a 6-week period, two sessions per week. Instruction aims at improving student movement skills and confidence while providing elementary teachers a model for conducting future lessons. The trainer presents a standard warm up and cool down, designed to strengthen the body's small muscles that control fine body movement and coordination, and conduct the activity for the day.

The activity for the day will vary by the trainer's preferences and specialty in their practice in consultation with principals and classroom teachers. Examples are Pilates, dance, strength, stretching, aerobic activities, or other specialty activities. Classroom teachers are responsible for monitoring student behavior during classroom instruction periods. Interns from the University of Oregon Physiology Department assist the volunteer personal trainers in conducting classroom activities.

To learn more about this program visit the following links:

Link to newspaper article: A trainer organizes a program to help Springfield students get the most out of their limited PE time:

<http://www.registerguard.com/web/livinghealthfitness/27117358-41/morrow-healthy-thomas-moves-says.html.csp>

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