South Morrison Family Fun and Fitness Night

Balance Your Fitness

Thursday, January 21, 2010  6:30-8:15 p.m.

Activity or Station Directions/Explanation

All teachers and staff members should check their station area prior to their scheduled time to ensure that the station has been set up and that you are familiar with the procedures. All volunteers will receive a gift bag in appreciation for their time and effort. Please stop by the front lobby upon arrival and pick it up from Mrs. Godwin or Emblidge.

Brochures – Please be in the front lobby by 6:15 p.m. to pass out brochures. Pick up the brochures from Coach Kennedy’s office beforehand. You will be finished when all the brochures have been distributed or N.L.T. 7:15 p.m. (Scherrer, Wilma Thomas)

Hippity Hop – Please report to the 4th grade Hall at 6:40 p.m. Six Hippity Hops and several cones will be at your station. You may have the kids hop a few times just to get adjusted to the bounce and then have them travel down to a cone and back. I don’t think it’s wise to let them race. Stress SAFETY. It’s easy to bounce off the Hippity hops. If you have a CD player available you might play some music to make bouncing more enjoyable for the kids. Return all balls and cones to Coach Kennedy’s office at the end of the evening. (8:00 p.m.) (Bivins, Cole)

Speed Stacks – Please report to Rm. 11 at 6:40 p.m. You will have a basket of speed stacks available for use and a DVD with speed stack instructions. Students will be around throughout the evening to help you. You will need to bring your laptop and connect it to the LCD projector in this room to play the DVD. Give out the speed stacks for use in Rm. 11 only; don’t let them out the door. The students will instruct those who need help or they can just watch the DVD if a no one is available. Please closely monitor the speed stacks. I have lost 4 sets in the past and cannot afford to lose any more. Return the basket of speed stacks and the tape to Coach Kennedy’s office at the end of the evening and return the TV/VCR to the library. (8:00 p.m.) (Pulvino, Dunn)

Jump Rope – Please report to the cafeteria at 6:40 p.m. The jump rope team members will be assisting you throughout the night. They will help the little ones learn to jump, turn the ends of a long jump rope or show students how to do tricks. Jumping to the music from the jump ball station will make it more enjoyable. Please monitor the jump ropes; I don’t want to lose any. Return the ropes to Coach Kennedy’s office at the end of the evening (8:00 p.m.) (Christensen, C. Taylor)

Basketball Spinning - Please report to the 2nd grade hall at 6:40 p.m. You will have 6 basketballs available for use. Students will try to spin the basketball on their finger/s. Have them try it in a stationery position and then while walking. You can time them to see who spins the longest. Write on poster paper the names any students who can spin longer than 30 seconds. Please return the basketballs to Coach Kennedy’s office at the end of the evening (8:00 p.m.). (Barnes, Fiorella)
**Roller Racers** – Please report to the 2nd grade hall at 6:40 p.m. Six Roller Racers will be available for use. Students may move about the hall or, if they’d like, they may race down the hallway, go around a cone and then return the starting line. **DO NOT LET THE STUDENTS KNEEL OR STAND ON THE ROLLER RACERS!** Please return the racers to Coach Kennedy’s office at the end of the evening (8:00 p.m.). *(Norton, Gant)*

**Balance Beams** – Please report to the stage in the gym at 6:40 p.m. Have students walk across either of the two balance beams (mats should be underneath). Try walking with bean bags on their heads, on the backs of their hands or try walking backwards. **ONLY ONE AT A TIME ALLOWED ON THE BALANCE BEAMS.** We should be done by 8:00 p.m. *(Velardi, Paeth, Bowman)*

**BP Check/Hand Wash Check** – Please report to the library by than 6:15 to set up. Paper towels will be available at the sink area. You will be finished at 8:00 p.m. *(Riverside School of Health Careers, School of Practical Nursing - 13 Students and 2 Instructors)*

**Video Taping** – Please report to the Gym at 6:20 p.m. to get the video camera. I would like the Jump Rope and Ballroom Dance performance taped and the first half of the evening. We’re trying to get a “highlights of the evening” tape so just video what you think would show best. Please return the video camera to Coach Kennedy when done. *(A. Robinson)*

**Jump Ball Balance** – Please report to the cafeteria at 6:40 p.m. There will be five jump balls and a boom box with a CD for you to use. Students will attempt to balance on the platform of the ball and then jump up and down. **Do not** let adults or high school students use the jump balls. It will not support their weight. This is for children only. The jump rope team members will be assisting you throughout the night. **Please monitor the jump balls; I don’t want to lose any.** Return the jump balls, boom box and CD to Coach Kennedy’s office at the end of the evening (8:00 p.m.). *(O’Neil, Bradford)*

**Dance Dance Revolution** – Please report to Rm. 5 at 6:40 p.m. Two TVs, two PlayStation 2s with two DDR games and the mats will be set up for you. Mrs. Pugh-Baldwin is familiar with how the game is played and can show you how it works. Please stress safety and caution with the equipment and mats. **Teachers only** should touch the Playstation 2 just as a precautionary measure. I know the students are familiar with it but fewer hands touching it would be better. Have the students remove their shoes before getting on the mats. Return the TVs to the library and the rest of the equipment to Coach Kennedy’s office at 8:00 p.m. *(Pugh-Baldwin, B. Hill, Lynch, Forrest)*

**Gift Bags** – At least 1 day before the event, please assemble the volunteer gift bags. Get the thank you cards, bags, granola bars, stapler, marking pen and water from Coach Kennedy’s office. Write the name of each volunteer and their station on one side of the bag first. Then put two snacks and two waters in each bag, staple it shut with a thank you card on the outside. Put the assembled gift bags in boxes to await distribution. You will
give the gift bags to teachers, staff and volunteers as they arrive that evening (6:15-6:45). I am asking them to check in with you in the lounge to get their bags but if anyone forgets, please take it to their station. When all bags are given out, you’re done! (Emblidge, Godwin, A. Taylor, E. Wixted)

Healthy Snack Distribution – Set up a table in the front lobby to give out the snacks. Please mark each child’s hand (with a Sharpie) when they get their snack. Distribute **NO more than one snack per child.** (Stewart, Pope, Wanda Thomas)

**Noodle Balance** – Please report to the 4th grade hall at 6:40. You will have 12 swimming noodles in two sizes available to use. Students will try to balance half noodles or whole noodles in the palm of their hand and then again on the back of their hand. Have them try it first in a stationery position and then again walking. Let them try to balance the noodle on their forehead or chin. Please return noodles to Coach Kennedy’s office at the end of the evening. (8:00 p.m.) (Denion, Parks)

**Balance Walkers and Stilts** – Please report to the gym (1/4 of the gym closest to my office door) at 6:40. You will have two sets of Team Walkers and four sets of bucket stilts available for student use. The walkers are like skiing and it requires four people (working in unison). They must work cooperatively to move forward. The stilts are for individuals but please don’t let older children or adults use the bucket stilts. Have students walk from red line to black line and back. Please return all equipment to Coach Kennedy’s office at the end of the evening (8:00 p.m.). (McCusker, Avery)

**Balance Boards** – Please report to the gym (1/4 of the gym area closest to the exit door to the parking lot) at 6:40. You will have two plastic Balance Masters, four wooden balance boards, one Woggler and one maze board (with two ping pong balls) for students to use. Have students keep their balance as they try to use the previously listed items. Only the Woggler travels forward; the rest of the balance boards are stationery. **Do not let older teens or adults use the Woggler or maze board.** Please return all equipment to Coach Kennedy’s office at the end of the evening (8:00 p.m.). (Barker, Goode)

**Stepping Stone Balance** – Please report to the gym (1/4 of the gym area closest to the equipment closet) at 6:40. You will have several mats and many varied sizes of plastic stepping stones. Scatter the stones out on the mats in any pattern you choose or just randomly. Have students travel from one side of the mats to the other stepping only on the stones. If students lose their balance, they come back to the beginning and try again. Please stack mats at the end of the evening and return all the stepping stones to the cage. (8:00 p.m.) (Vaughan, Horrell)

**Scarf Juggling** – Please report to room 12 at 6:40. You will have a carton of scarves in 3 different colors available for use. Please bring your laptop and connect it to the LCD projector in this room to show juggling instructions. Go to the YouTube sight below or just type in scarf juggling video instructions on Google. Go to the website ahead of time so you are familiar with it and know what is the most helpful (also links to other videos).
http://www.youtube.com/watch?v=Xc0sWPT0XkY  Please return the carton of scarves to PE equipment room at the end of the evening. (8:00 p.m.) (M. Jones, Skeeter)

**Spinner Balance** – Please report to the gym (1/4 of the gym area closest to the stage steps) at 6:40. You will have two giant spinning dishes available for this station (one has a rounded bottom and the other more pointed). A student will try to balance him/herself inside (upright in the dead center works best) the spinner while two students (standing outside the dish) spin the dish in circles. Have students keep all body parts inside the dish and be very careful when they get out of the dish (dizziness may occur). (Dail, ____________ )

**Balance your Nutrition** – A table will be set up in the library for a dietician to distribute healthy information and initiate activities that will help students/family members balance their diet and nutritional intake. (Erin Griffin)

**Pretzel and Juice Sale** – ESD Team will set up a table in the lobby to sell these items. (Morecock, Murray, Schmitt)