



Physical Activity Standards Implementation Guide

Healthy Des Moines Movement



A Guide for the City of Des Moines staff and leaders to use to implement Des Moines K-FIT Physical Activity Standards at our City-Sponsored Recreation Programs



Table of Contents

K-FIT Foundations	2
Letter from the City of Des Moines	3
The City and Schools Partnership.	4
K-FIT Physical Activity Standards	6
K-FIT Activity Leaders.	7
K-FIT Tools for Success and Sustainability.	9
K-FIT: Inventory Sheet	11
K-FIT'S Evaluation	12
Des Moines K-FIT: Physical Activity Tracking Sheet	13
Des Moines K-FIT: Physical Activity Standards Self-Assessment.	14



K-FIT Partners

- Centers for Disease Control and Prevention
- Seattle Children's Hospital
- Public Health – Seattle & King County
- City of Des Moines
- Highline School District:
 - North Hill Elementary School
 - Parkside Elementary School
 - Marvista Elementary School
 - Des Moines Elementary School
- Federal Way School District
 - Woodmont Elementary School
- Healthy King County Coalition
- Highline Communities Coalition
- Sea Mar Community Health Centers
- Des Moines Area Food Bank
- Community Activity Nutrition Network

Acknowledgements

This Physical Activity Standards Implementation Guide was written by Sue Anderson, Susan Anderson Consulting, under the leadership of the Des Moines Parks, Recreation and Senior Services Department and the Des Moines K-FIT Advisory Committee with support by Seattle Children's Hospital and Public Health-Seattle & King County. The guide was designed by Julie Zaballos, Three Tree Production.



Des Moines K-FIT Team

Made possible with funding from the Centers for Disease Control and Prevention in partnership with Seattle Children's Hospital, Public Health – Seattle and King County, and the Healthy King County Coalition.

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K-FIT Foundations

DES MOINES K-FIT is a fun and motivating program that teaches fitness, nutrition, and health to youth (ages 4-14) in City-sponsored early childhood and school-age clubs and camps. K-FIT's physical activity standards dedicate a minimum of 60 minutes of daily physical activity in City programs.

The City's Parks, Recreation, and Senior Services Department developed the K-FIT program. The Department continues to implement and evaluate the program ensuring success and sustainability by offering training and training videos, FAB curriculum sets, Activity Leader's KITs, physical activity equipment, the Physical Activity Standards Implementation Guide, team meetings, mentoring and more!

THE CITY'S BELIEFS

We believe in the connection between health, learning and life-long success.

We believe that when we devote our full strength to healthy youth, collaborate with schools and community partners, and implement best practices we can achieve a reduction in childhood obesity.

We believe in making the healthy choice the easy choice in our neighborhoods.

We believe that when Cities and schools work together to align programs and share spaces and resources everyone wins – especially our youth.

We believe in training and providing ongoing support and resources for our Activity Leaders so they can competently facilitate youth health and fitness education and activities.

“Des Moines is making a HUGE difference in helping its youth stay healthy – by making where they live, learn and play places that make the healthy choice the easy choice.”

James Krieger, MD, MPH
Chief, Chronic Disease and
Injury Prevention Section
Public Health - Seattle and King County



“Without prevention and treatment of childhood obesity, the current generation could become the first in American history to live shorter lives than their parents. K-FIT is about our future!”

Patrice Thorell

K-FIT VISION

Des Moines YOUTH are healthy, active and happy children practicing life-long behaviors in safe environments that improve their health and learning.

K-FIT MISSION

To collaborate on policy, system and environmental changes to achieve a reduction in childhood obesity by providing access to healthy foods and opportunities for physical activity in City-sponsored recreation programs.

Letter from the City of Des Moines

In King County over half of adults and nearly one-third of children are overweight or obese, increasing the risk for serious health problems such as heart disease, diabetes, and certain cancers. Data show that people living in South King County bear a disproportionate burden of poor health and poverty compared to other parts of the Country. Poor nutrition and lack of physical activity are primary risk factors contributing to the major health conditions. The City is committed to promoting lifelong health and fitness skills through our active recreation environments.



In 2013, under the leadership of the City Council, the Parks, Recreation and Senior Services Department and the Planning, Building and Public Works Department received a competitive Community Transformation Grant (CTG) administered by the Centers for Disease Control and Prevention (CDC). The CTG program is a comprehensive community health improvement initiative launched in 2011 and funded through the

Affordable Care Act's Prevention and Public Health Fund. Des Moines' CTG grant followed a 2010-2012 Communities Putting Prevention to Work (CPPW) grant. As a result of the CPPW grant, the City enacted 14 policy changes related to healthy living www.desmoineswa.gov/documentcenter/view/383; created a Nutritional Standards Implementation Guide; and developed a nutrition education program for City-run programs | www.desmoineswa.gov/documentcenter/view/382.

With support from the CTG grant, Des Moines adopted NEW Physical Activity Standards; created a NEW Des Moines K-FIT program for the City's Club KHAOS (Kids Having an Outrageous School Year) and Camp KHAOS (Kids Having an Outrageous Summer) programs; and NEW K-FIT tools for success and sustainability (highlighted in this guide). In partnership with the Highline and Federal Way School Districts, we are taking to heart recommendations by CDC – that school physical education programs and before and after school programs work together to promote youth health and learning.

This Physical Activity Standards Implementation Guide was created to support the successful implementation of K-FIT and was written by Sue Anderson, Des Moines CPPW Manager and CTG Grant Consultant Director. The K-FIT program was developed under the leadership of the City's CTG Advisory Committee: Patrice Thorell, Denise Lathrop, Ralph Thomas, Cassie Swan, and Robyn Holmes (City staff); Belinda Armijo and Nicholas Ramirez (Sea Mar Community Health Centers), Paige Nilles and Derek Severson (Highline School District); Amy Shumann, (Public Health-Seattle & King County), Sue Anderson (Susan Anderson Consulting) and Dr. Brian Saelens (Seattle Children's Hospital). For more information, please contact us.

Sincerely,

*Patrice Thorell / Denise Lathrop
Ralph Thomas, Recreation Coordinator
Cassie Swan, Recreation Specialist*



K-FIT Advisors: Amy, Patrice, Sue, Ralph, Brian, Nicholas and Robyn celebrating K-FIT Outcomes! (see more on page 12)



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The City and Schools Partnership

The City of Des Moines and schools are collaborating for youth health and learning. The City's K-FIT Initiative is implementing the FAB 5 After School Program and the Highline School District's Enhanced Physical Education Program is teaching the Five for Life program - perfect companions! Used together, they reinforce similar goals, health and fitness language, concepts and characters, and activities.

Both programs incorporate nutrition education and teach the five components of fitness through the FAB 5 characters: Cardio Kid (cardiorespiratory endurance), BC (body composition), Max (muscular strength), Maddy (muscular endurance), and Flexy (flexibility). Both Fab 5 and Five for Life align with national and Washington State health and fitness standards for physical activity curricula.



Cardiorespiratory Endurance

The ability of the heart and lungs to supply oxygen to the muscles during long periods of physical activity.



Muscular Strength

The ability of the muscle or muscles to push or pull with its total force.



Body Composition

Is the relationship between fat-free mass and fat mass, usually referred to as percentage of body fat. The body is made up of fat, bones, muscles and organs.



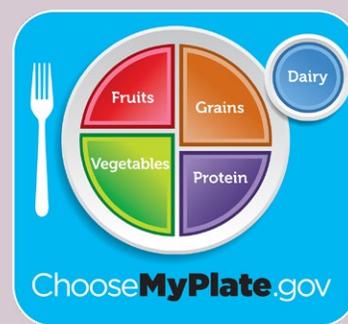
Flexibility

The muscle's ability to move a joint through a full range of motion.



Muscular Endurance

The ability of the muscles to repeat a movement many times or hold a position without stopping to rest.



• Recommended Daily Physical Activity 30-60 minutes per day



The City's Enhanced Out-of-School Programs: Des Moines K-FIT & the FAB 5!



The FAB 5 Before/After School Program teaches fundamental nutrition, fitness, and health concepts. The strategies developed to effectively implement this curriculum include:

- Developing physical activity standards, new tools, and implementation of a well-designed out-of-school time program
- Enhancing instructional practices to provide substantial moderate-to-vigorous physical activity
- Increasing the amount of time students spend in moderate-to-vigorous intensity physical activity during early childhood programs, before/after School Club KHAOS Programs, and Summer Camp KHAOS
- Meeting the physical activity needs of all students, including those with disabilities
- Providing Activity Leader training and supports
- Engaging families, educators, and PTSAs in supporting high-quality daily physical activity and nutrition education programming

Highline School District's (HSD) Enhanced Physical Education Program: *Five for Life!*



The *Five for Life Program* is a research-based, K-12 fitness and health curriculum that aligns with physical education standards. HSD strategies include:

- Developing and implementing a well-designed Physical Education (PE) curriculum and assessment program
- Enhancing instructional practices to provide substantial moderate-to-vigorous physical activity
- Increasing the amount of time students spend in moderate-to-vigorous intensity physical activity during PE lessons
- Adding more physical education classes to the school schedule
- Lengthening the time of existing PE classes
- Meeting the physical activity needs of all students, including those with disabilities
- Providing educator training and supports
- Incorporating software to track students' fitness assessment results in grades 4-12
- Incorporating software for cognitive and psychomotor assessments
- Creating common lesson and unit plan templates for all PE teachers
- Aligning assessment protocol within all schools
- Adopting policies to eliminate PE waivers among all schools
- Aligning new PE curriculum to the Common Core standards



Patrice Thorell, Parks, Recreation and Senior Services Director participates in HSDs' Five for Life Kick-off!
(By Focused Fitness)



Activity Leaders and Public Health – Seattle and King County participate in Des Moines' FAB 5 Kick-off!
(By Focused Fitness)



Des Moines K-FIT: Physical Activity Standards

In 2013, the City made a commitment to the Centers for Disease Control and Prevention and Seattle Children’s Hospital to implement standards to improve physical activity in City-run programs. These Physical Activity Standards, when implemented fully, will promote the health of youth for generations.

	Early Childhood Programs (Ages 3-5)	Before and After School and Summer Camp Programs (Ages 4-14)
Family Engagement	Engage families and caregivers using informational materials and/or activities focused on healthy eating and physical activity a minimum of once a quarter.	Engage families and caregivers using informational materials and/or activities focused on healthy eating and physical activity a minimum of once a quarter.
Physical Activity	<p>Provide opportunities for moderate and vigorous physical activity for at least 60 minutes per day while children are in our full-day programs and 30 minutes per day while children are in our half-day programs.</p> <p>Provide daily outdoor time for physical activity when possible.</p> <p>Provide opportunities for moderate and vigorous physical activity for at least 60 minutes in full-day programs. This can be broken down into smaller increments. Include a mixture of moderate and vigorous intensity activity (that increase heart rate and make you breathe hard), as well as bone and muscle strengthening activities.</p> <p>City staff will model active living related to physical activity by participating in physical activities with the children.</p>	<p>Provide opportunities for moderate and vigorous physical activity for at least 30 minutes in our before school programs and 30 minutes in our after school programs.</p> <p>Physical activity will take place outdoors whenever possible.</p> <p>Provide opportunities for moderate and vigorous physical activity for at least 60 minutes in full-day programs. This can be broken down into smaller increments. Include a mixture of moderate and vigorous intensity activity (that increase heart rate and make you breathe hard), as well as bone and muscle strengthening activities.</p> <p>City staff will model active living related to physical activity by participating in physical activities with the children.</p>
Screen Time	Screen time (television, movies, cell phone, video games, computer or other digital device) is limited to less than 30 minutes per day for children in half-day programs or less than one hour per day for those in full-day programs. When screen time is offered it must not include marketing of unhealthy foods.	Screen time (television, movies, cell phone, video games, computer or other digital device) is limited to less than 30 minutes per day for children in half-day programs or less than one hour per day for those in full-day programs. When screen time is offered it must not include marketing of unhealthy foods.
Professional Development	All early childhood program staff participates in the Des Moines K-FIT professional development program.	All Before and After School and Summer Camp leaders participates in the Des Moines K-FIT professional development program.

These physical activity standards align with the Highline School District standards, the Washington State Health and Fitness standards, the YMCA of the USA standards, the Alliance for a Healthier Generation Physical Activity Roadmap, and the National Let’s Move campaign standards, to reduce childhood obesity. The standards are based in part on years of research supported by collaborations with the Harvard School of Public Health, the Healthy Out-of-School Time Coalition, the National Institute for Out-of-School Time, and the YMCA of the USA. For more information or questions related to Des Moines K-FIT Physical Activity Standards, please contact Patrice Thorell, Parks, Recreation and Senior Services Director via e-mail pthorell@desmoineswa.gov at or by phone at 206-870-6529.

K-FIT Activity Leaders

K-FIT ACTIVITY LEADERS

The City has a dynamic team of Activity Leaders (Club KHAOS and Camp KHAOS), some of whom have been with the City over 15 years! Trained K-FIT Activity Leaders implement the FAB 5 After School curriculum. FAB 5's detailed lessons provide comprehensive activities using fitness and health content, intentional fitness, and motor skill development.

Des Moines Activity Leaders report many K-FIT successes:

- "It's so exciting to see our kids throwing a football correctly and they know the fundamentals of stretching, even the physical education teacher notices and praises our work!"
- "We see increases in the kids' coordination, strength, team working skills; and confidence in participating in the games"
- "Our kids are knowledgeable about health, nutrition, and fitness"
- "Our kids know all of the FAB 5 characters and the five components of fitness word by word"

The ACTIVITY LEADER'S K-FIT Tips:

- Begin with FAB 5 Theme 1 and build content with each additional Theme
- Teach two FAB 5 lessons each week; the lessons might take more than two days to teach and that's OK
- Encourage 60 or more minutes of physical activity every day, outside whenever possible
- Be physically active role models and participate in the games with the youth (the kids love that!)
- Modify lessons when you have limited space, low numbers of youth or younger youth
- Use "Dug Out!" as a signal for kids to go to the Activity Leaders and sit down
- Use "Home Plate! On Deck!" as a signal for youth to go to the Activity Leaders and stand up
- Have youth leaders lead activities/stretches, while you prepare what's next
- Use the gym as often as possible and for sure on early release days



Activity Leaders select from a variety of resources to keep the K-FIT program fresh for kids and keep them moving!

Estimates show that only about half of youth meet the current physical activity guidelines for Americans' recommendation of at least 60 minutes of daily vigorous or moderate-intensity physical activity.

Institute of Medicine

They also run into K-FIT challenges:

- Sometimes we don't have enough physical activity equipment or enough storage.
- Sometimes we don't have 10 or more children for the games in the afternoon
- Getting primary grades (K-1) more aware and involved in the games; they have lower knowledge/skill level
- Some days we lack access to the gym or need to leave the gym early.



Parkside Elementary School
Tyler Escott and Brad Wilkins



Marvista Elementary School
George Porcincula and Carly Musser
Other Leaders: April Brown, Wyatt Dumar and Emily Snure



Woodmont Elementary School
Kelsey Cole and Garrett Cruz



Des Moines Elementary School Leaders:
Brittany Liebhart & Robyn Holmes Other
Leaders: Ryan Macri, Kelsey Cole, and Jose
Martinez.



North Hill Elementary School - Zamari Wiggins, Tony Constantino, Justin Helmbreck and
Britany Liebhart



Marvista Elementary School
Wyatt Dumar and ideal storage at Marvista!



Bob Wright, North Hill Physical
Education Specialist, and Ralph Thomas,
Des Moines Recreation Coordinator,
discuss shared storage space to increase
students' physical activity levels

*"We received training, equipment,
videos, guides, and more!
The City supports us!
We are leading the charge to
prevent childhood obesity and
we're seeing a difference in
the student's knowledge
and physical activity levels!"*

Robyn Holmes

K-FIT Tools for Success and Sustainability

The Des Moines team created K-FIT with sustainability at the forefront as you'll see with the tools created below.

Activity Leader KITS

The City provided each Activity Leader with their own FAB 5 KIT to make teaching convenient and easy (FAB 5 lessons guide and CD, laminated signs, posters and cards too). Taria Keane, Office Manager, and Carly Musser, Activity Leader, assembled 6 KITS for the City's six teaching sites.



Advisory Committee Members: Ralph Thomas, Robyn Holmes, Belinda Amijo, and Cassie Swan display K-FIT Activity Leader KITS

Onsite Trainings and Training Video

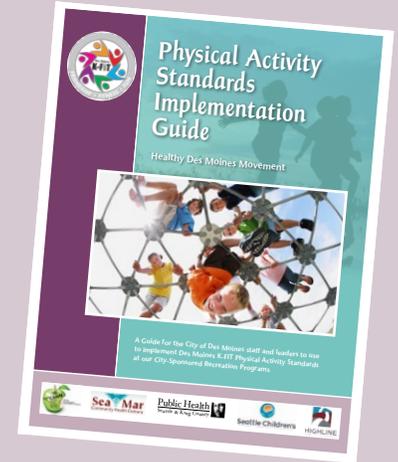
The City collaborated with Focused Fitness and their skilled trainers, Melissa Raymond and Alex Obrien to provide a six-hour onsite training for the City's early childhood and out-of-school time activity leaders. The City Parks, Recreation and Senior Services Department Director, Recreation Coordinator, and Recreation Specialist also participated in the training. The training was taped by Sparkwork Media and covered:

- Current data related to nutrition and physical activity
- The current state of the obesity epidemic in south King County
- The Healthy Des Moines Movement and CTG grant
- Des Moines new K-FIT Program and Physical Activity Standards
- Modeling and participating in FAB 5 lessons
- FAB 5 teaching and implementation strategies
- Managing and motivating students (M & M's), and
- Reviewing the new K-FIT Activity Leader' Kits and physical activity equipment

After the training, Sparkwork Media created a 3.5 hour video booster training as a professional development tool for Des Moines new K-FIT Activity Leaders. The previously trained Activity Leaders piloted the booster training and appreciated the opportunity to review the video content, see themselves in action, exchange teaching strategies, and problem-solve with colleagues and City staff.

Physical Activity Standards Implementation Guide

A NEW guide was created for K-FIT Activity Leaders to support their successful implementation of the K-FIT initiative and the FAB 5 program. The guide is an effective tool to share with collaborators and is available electronically at www.desmonineswa.gov (search for Physical Activity Implementation Guide).



Alex Obrien and Melissa Raymond, Trainers, Focused Fitness



K-FIT Training

Des Moines K-FIT NEWS



Edgar Lopez, Sea Mar Community Health Center and City leaders Sue Anderson and Adrianna Gonzalez introduce K-FIT at the Ceasar Chavez Park Celebration

The City created the K-FIT newsletter to engage families, educators, and PTSA's in the K-FIT program and the benefits of youth health and fitness, and to encourage families to increase daily physical activity and to spend more time outside. The newsletters are available in English and Spanish (translated by Sea Mar Community Health Center) and distributed by the City in classrooms for children to take home, during drop-off and pick-up times, at Sea Mar Community Health Centers, and at other City and community sites and events. Engaging families through the newsletter is a critical part of program success because research shows that families who participate in physical activities and eat nutritious foods and beverages are more likely to pass on these positive habits to their children.

K-FIT Highlight Video



Leon Mun and Heath Ward, Sparkwork Media, taping the ACTION!

Sparkwork Media, creators of the staff training video, produced a 3 minute promotional video for the City to use at community events, PTSA meetings, professional meetings, and conferences. The purpose of the video is to inspire families and local youth-serving organizations to provide increased opportunities for physical activity and to expand the reach of the Des Moines K-FIT program.



MORE! Youth Wellness Resources

- ABC for Fitness® (Activity Bursts in the Classroom) www.turnthetidefoundation.org/AbcFitness.aspx
- Adventure to Fitness www.adventuretofitness.com/
- Afterschool Physical Activity Website www.afterschoolpa.com/home.html#
- Build Our Kids' Success (BOKS) www.bokskids.org/
- EmpowerME4Life Healthy Living Curriculum www.empowerme2b.org
- FocusedFitness (FAB 5 and Five for Life) www.focusedfitness.org
- JAM (Just-a-Minute) School Program www.jamschoolprogram.com
- Let's Move Active Schools www.letsmove.gov/active-schools
- Brain Breaks www.emc.cmich.edu/brainbreaks
- PLAYWORKS Playbook www.playworks.org/games
- Energizers for Elementary School www.eatsmartmovemorenc.com/Energizers/Elementary.html
- Energizers for Middle School www.eatsmartmovemorenc.com/Energizers/Middle.html
- NFL PLAY 60 Challenge Year-Round Physical Activity www.heart.org
- Healthy School Ideas www.pinterest.com/act4healthykids/healthy-school-ideas/



Des Moines K-FIT: Inventory Sheet

(Materials to teach the FAB 5 program at one site)

Teaching Curriculum/Tools

- ___ 1 Des Moines K-FIT Leaders Kit (plastic tub with file folders containing FAB 5 handouts and laminated materials)
- ___ 1 FAB 5 Program Bundle (Leader's Guide and a few program tools)
- ___ Des Moines K-FIT Training Video (for Activity Leader to watch prior to teaching the FAB 5 program)
- ___ 1 Des Moines K-FIT Physical Activity Standards Implementation Guide

Teaching Supplies

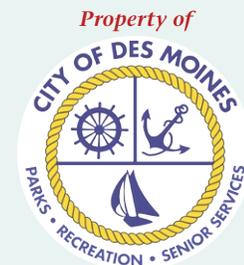
- | | |
|------------------------------|----------------------------------|
| ___ 1 Roll of Tape | ___ 10 Medium Sized Binder Clips |
| ___ Drawing Supplies | ___ 30 Medium Sized Paper Clips |
| ___ 11 Snack Food Labels | ___ 20 Pencils |
| ___ 2 Small Baskets or Boxes | ___ 15 Paper Plates |
| ___ 10 Dice | ___ 5 Grocery Bags |
| ___ 4 Decks of Playing Cards | ___ Equipment Labels |

Physical Activity Equipment (some schools might need 30 balls instead of 20, depending on the number of students enrolled in the program)

- | | |
|--|---|
| ___ 20 Soccer Balls (1 per youth) | ___ 11 Bowling Pins |
| ___ 20 Foam Balls (1 per youth) | ___ 10 Mats |
| ___ 20 Volley Balls (1 per youth) | ___ 2 Volley Ball Nets |
| ___ 20 Foam Footballs (1 per youth) | ___ 20 Flags/Pinnies (10 yellow, 10 red or blue) |
| ___ 20 Basketballs (1 per youth) | ___ 60 Bean Bags (12 of each: green, yellow, red, orange, purple, blue) |
| ___ 10 Tennis Balls | ___ 4-6 Agility Rings |
| ___ 4 Stability Balls | ___ 4 Bases |
| ___ 1 Kick Ball | ___ 20 Fishing Poles |
| ___ 1 Medicine Ball | ___ 12 Dumbbells (at least 5 sets if 20 youths) |
| ___ 6 Stretch Bands | ___ 42 Poly Spots |
| ___ 36 Cones | ___ 7 Scooters (16" to be shared) |
| ___ Mesh Bags (to hold equipment, 6 bags per school) | |



Activity leaders learn about the FAB 5!



206-870-6527

Modifying the social and/or physical environment in early care and education environments can increase physical activity among young children (e.g., providing play spaces and physical activity equipment).

FAB 5 Activity Leader Training

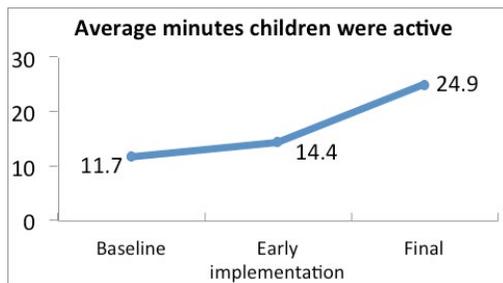
Twelve Activity Leaders from five schools and City leaders participated in a six-hour FAB 5 training provided by Focused Fitness. The results showed:

- 100% of the participants agreed/strongly agreed that they learned new knowledge/skills of value to them and to their programs
- 92.3% agreed/strongly agreed that the workshop prepared them to improve student learning through enhanced instruction

On-Site Observations of Students and Activity Leaders

The CTG evaluation team for the Des Moines before and after school program implementation of KFIT was led by Seattle Children’s Hospital and Public Health – Seattle & King County. Evaluation team members worked with Des Moines to monitor performance and assess impact.

Seattle Children’s Hospital, working with the City and five elementary schools, conducted on-site observations using the SOFIT tool. The observers coded children’s level of physical activity and whether the leaders were actively leading and encouraging around physical activity and delivering health and fitness content. At the Baseline (Sept/Oct 2013) there were 8 observation periods (3 Before, 5 After-school) across 7 hours; at Early Implementation (Jan/Feb 2014) there were 8 observation periods for 8.2 hours of observation and at the Final (May/June 2014) there were 7 observation periods for 7.5 hours of observation.



These figures highlight the significant increase in children’s physical activity (both amount of time and percentage of time that was active) from before to early implementation to the final assessment. From baseline to the final assessment, there was more than a 100% increase in the average amount of time children were active while in the before and after school programs.

Activity Leaders’ Physical Activity Tracking Sheets/ FAB 5 Lessons Evaluation

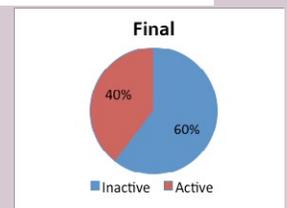
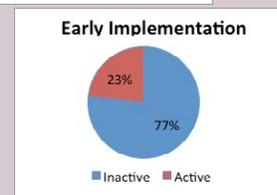
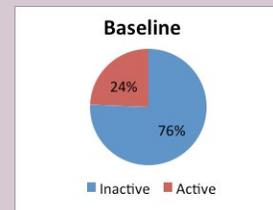
Collectively, the twelve Activity Leaders taught and evaluated a total of 227 FAB 5 lessons. They used the Physical Activity Tracking Sheets (see next page). They gave a copy to the City and kept a copy for future reference (e.g., favorite activities, adaptations, additional physical activity equipment needed, etc.). Overall, the leaders and students enjoyed the FAB 5 activities.

Activity Leaders’ Quarterly Self-Assessment

Activity Leaders completed self-assessments (see page 14). The June assessments showed that all twelve Activity Leaders are modeling active living by participating in the physical activities with the youth.

“To increase physically active time, a priority within child-based programs is to increase the amount of time in “leader-led structured activities that emphasize all children being active.”

Dr. Brian Saelens,
Seattle Children’s Hospital



In order to meet the standard, leader-led activities were longer and/or multiple games played. Activity Leaders were: a) Instructing about nutrition and physical activity in an active way, b) encouraging youth to participate in the activity and to be physically active on the sidelines (e.g., youth tagged doing physical activity to get back into the game), c) leaders participating in the games with the youth (the kids love that!), d) introducing new games that encourage more consistent physical activity by all children while playing, and e) utilizing the gym or going outside either in the Before-School or After-School program time when available.



Dr. Brian Saelens & Vita Davidyuk,
K-FIT Evaluators



Des Moines K-FIT: Physical Activity Tracking Sheet

Please complete this form and make two copies (one to keep and one to turn-in) for the leader's team meeting. Please make additional copies if you taught more than 8 lessons.

Month: _____

My Name _____ My Teaching Location: _____

Circle One: Before School After School Summer Camp

I provided physical activity equipment in the activity area during children's free time (e.g., hula hoops, bean bags, etc.) Yes No

I led moderate to vigorous daily physical activity for at least 30 minutes (half-day) or 60 minutes (full-day) program most days of the week Yes No

K-FIT Goal: Two FAB 5 lessons per week along with other physical activities for each day of the week.

I piloted the following FAB 5 lessons:

FAB 5 Lessons (Check all parts of the activity completed)	Students Liked the Activities	Leader Liked the Activities	Would You Teach Again?	What Modifications Would You Suggest?
Theme # ____ Day ____ __ Warm-Up __ Lesson Focus Activity __ Wrap-Up/Cool Down	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	
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Des Moines K-FIT: Physical Activity Standards Self-Assessment

Please complete this form and return it by _____ (date)
to the Recreation Coordinator.
Thank You!

My Name: _____

My Teaching Location: _____ Today's Date: _____

November Assessment February Assessment May Assessment August Assessment

Physical Activity

- I provided a mix of moderate-intensity activities (allows you to talk but not sing), vigorous-intensity aerobic activities (allows you to say only a few words without catching your breath), bone-strengthening (jump rope etc.), muscle-strengthening (push-ups, sit-ups, etc.), and flexibility activities for youth (30 minutes for half-day programs and 60-minutes for full-day programs) most days of the month.
- I did this by breaking the time down into smaller increments, **and/or**
- providing longer games (e.g., two 60 minute games to allow for inactive instruction time)
- I encouraged youth to lead some of the physical activities (e.g., stretching, games, etc.)
- I provided daily outdoor time for physical activity (when possible)
- I provided _____ # of FAB 5 lessons and mentioned the FAB 5 characters regularly
- I modeled active living by participating in the physical activities with the youth

Screen Time

- I limited access to screen time (television, movies, cell phone, video games, computer, or other digital device) to less than 30 min. per day for children in half-day programs or less than one hour per day for those in full-day programs

Family Engagement

- I provided family engagement materials and/or activities

Professional Development

- I watched the 3.5 hour K-FIT training video for practical tips/reminders
- I reviewed websites/resources for youth physical activities (e.g. resources in this guide, YouTube, etc.)

Other

- I didn't withhold physical activity as punishment.

Comments, Questions or Support Recommendations:

