



## The *Go Active!*<sup>®</sup> Fitness Challenge – Administrator’s Overview

Congratulations on making a commitment towards improved fitness and activity levels in your school. Included in this kit you will find the elements needed to successfully run the *Go Active!*<sup>®</sup> Fitness Challenge. These include:

- 6 Instruction Posters to be placed in the gym or near the door closest to the field where the activities will take place. The posters include training exercises, and a suggested warm-up.
- Take home letter template for parents. Motivating and supporting activity outside the classroom is an important part of this program’s success.
- Testing score sheets for fall and spring testing periods. Additional copies can be downloaded at [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca).

Please note the attached outlines are to be used as a guideline for conducting the *Go Active!*<sup>®</sup> Fitness Challenge. Please feel free to make adjustments where needed to best suit your students.

## History of the *Go Active!* Fitness Challenge

According to the Active Healthy Kids Report Card, **87%** of children and youth are not meeting the Government of Canada's physical activity guidelines of 90 minutes per day. The *Go Active!* Fitness Challenge was launched 6 years ago to counteract these numbers by promoting and supporting physical activity in Canadian schools.

Participants in the 2008/2009 program continue to show marked improvement in their fitness levels:

- To date more than 175,000 students have participated in the challenge
- The number of students completing the challenge continues to increase each year with over 53,000 students completing the *Go Active!* Fitness Challenge in the 2008/ 2009 school year
- More than 650 schools participated in the challenge for the 2008/ 09 school year which is the greatest number to date
- The average improvement rate for all six exercises was 6.07%

## Administering the *Go Active!* Fitness Challenge (Pre-test)

### Fast Facts:

- This program is designed for elementary school students in grades 1 through 8.
  - The Challenge is designed to be conducted in the school gym or on the field in conjunction with the existing physical education curriculum.
  - The Challenge must be administered in both fall and spring. To be eligible for the phys-ed equipment credits provided by Wintergreen Learning Materials first round results must be submitted between **September 28<sup>th</sup>** and **November 27<sup>th</sup>, 2009**. Second round results must be submitted between **April 5<sup>th</sup>** and **May 21<sup>st</sup>, 2010**.
  - Classes must have a minimum of **16 students** per class to count towards the Wintergreen Phys-ed credits. You can combine classes together to meet the minimum requirement.
1. Upon receiving your kit, we suggest discussing the importance of physical fitness and setting goals with your class. As your students prepare for the fall test period and look to improve on their spring test, setting achievable goals becomes critical.
  2. The take-home letter can be photocopied and sent to the parents and guardians of the participants. A balanced, active lifestyle begins at home and it is important for the students to feel encouraged and supported at home. Engaging parents and guardians is imperative to each student's success.
  3. The six instructional posters should be posted in close proximity to the challenge site. It is important for the students to follow the proper form displayed on the poster. It also outlines the testing procedure for each exercise and must be visible for those teachers and/or parent volunteers acting as station monitors.
  4. The "Go Active! Fitness Challenge" patches will be mailed to your school in the spring, following the confirmation of your spring submissions. Please submit results for **all** students to ensure you receive the correct number of patches.
  5. Once your First round scores are submitted in the fall at [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca) you will be contacted by email to confirm that you've met the eligibility requirements as outlined on the *GoActive!* Fitness Challenge website.

Eligible schools will be awarded \$200 in Wintergreen Phys-ed credits for each class that completes both rounds of testing (up to a maximum of \$500 per school).

The Go Active! Fitness Challenge phys-ed credits will be available to a limited number of schools. Please see the *Eligibility Requirements* page at [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca) for full details.

## **The Go Active! Fitness Challenge First Round Testing Day(s)**

1. The students should come to the testing dressed in gym clothes, and running shoes.
2. Lead the kids in a warm-up, and stretching prior to the testing. Some good options are running a couple of laps of the gym, a lap of the track, or jumping jacks.
3. The exercises can be completed in one regular phys-ed class, but it may be beneficial to test the indoor exercises (push-ups, crunches and shuttle run) and the outdoor exercises (50M run, Endurance run and standing long jump) on separate days. Completing the testing of the Challenge should not take longer than two or three regular phys-ed classes.
4. The class should be divided evenly among the phys-ed stations.
5. Students should be placed in pairs; while one student completes the exercises the other can keep score and enter into the accompanying score sheets. For the younger grades you may want to include parent helpers or older students to help tally scores.
6. It is helpful to have teachers, or parent volunteers at each station for the younger grades to ensure the exercises are done correctly and safely.
7. At each station prior to testing, the exercises should be demonstrated by the teacher or parent volunteer.
8. The students will then complete the exercise at the assigned station based on the instructions on the accompanying posters.
9. Numerous students can be tested on the same exercise at one time.
10. Following completion of the exercises the scores must be entered into the participant's score sheet by their partner or classroom helper.
11. The students can then switch and the first participant will now keep score for their partner.
12. Once sufficient time has passed for both partners to complete the exercise the students will rotate to the next station.
13. This process will continue until all exercises are completed by all participants.
14. A sufficient cool-down with stretches should follow the *Go Active!* Fitness Challenge test.

15. The scores of all students must be entered by First name, Last initial (Jen S., Tom, R.) into the automated score sheets at [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca). **This should be completed only by the administrator of the program.** We ask that students not be provided with the username and password for the online submission process. Remember that the final date to submit first round results is **November 27<sup>th</sup>, 2009**.
16. Once your first round scores are submitted you will be contacted and told whether or not you are eligible for the Wintergreen Phys-ed credits.

If so, you will be awarded up to **\$500 in phys-ed equipment credits**, redeemable through Wintergreen Learning Materials granted you submit your completed second round test results prior to the **May 21<sup>st</sup>, 2010 deadline**.

### **Administering the *Go Active!* Fitness Challenge** **(Between testing dates)**

1. Students should be encouraged to keep active between the testing periods. Daily physical activity is imperative to optimal growth and development. Canada's Physical Activity Guide for Children and Youth recommends working towards a goal of 90 minutes of daily physical activity.
2. Scheduling a few interim practice tests can help students gage their improvement. It may help for participating students to set small attainable goals along the way.
3. [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca) is a great forum to share your training tips and success stories with other teachers. Email us your story at [admin@fitnesschallenge.ca](mailto:admin@fitnesschallenge.ca) and check back to read what has worked successfully for other schools.

## **The Go Active! Fitness Challenge Second Round Testing Day(s)**

1. Repeat steps 1-15 of the first round testing.
2. Upon completion submit your scores at [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca)
3. If you were notified after the submission of your first round results by the *Go Active!* Fitness Challenge that you were eligible for the phys-ed credits you will be contacted again via email to confirm your completed results were received. The *Go Active!* Fitness Challenge Wintergreen phys-ed credits will be delivered to participating schools in June 2010.

This kit does not provide medical or any other health care or fitness advice. The kit and its individual elements, including the information above, are for informational purposes only and are not a substitute for professional health care or fitness advice. Health care and fitness information changes rapidly and while McDonald's Restaurants of Canada Limited, the Canadian Olympic Committee, the Go Active!® Fitness Challenge and its web content provider make efforts to ensure the content on these pages are up to date; some information may be out of date. Information provided intended for Canadian use.

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