A State-Wide Activity Day for Third Graders

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History and Background
1991 Governor’s Council on Fitness initiative to promote physical activity
Third grade students exercising on the same day and time at regional sites across the state
Stressing involvement of physical educators, classroom teachers and principals
Classroom teachers may/have used an integrated curriculum leading up to the event

Logistics
Confirm event date
Secure facilities for the event
Mail initial contact letters to school districts
Securing volunteers
Selection of activities for stations
Securing equipment
Securing medical personnel
Refreshments
Enrichment packets
Media exposure
Mailing of event details
Preparing the site on the day of the event
Communication with the participants
Follow-up

Keys to Success
The Kansas Governor’s Council on Fitness
The Kansas Association of Health, Physical Education, Recreation and Dance