

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