Majors and Middle School Students: Armstrong Health and Physical Education Majors Plan and Implement a Program of Health Topics and Sports Skills for Charles Ellis Middle School Students

Share the Wealth
Elementary, Middle, and High School Physical Education Conference 2013
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Armstrong Atlantic State University
Project Description

- Teaching and learning grant-$1450.00
- HPE majors and 5\textsuperscript{th} and 6\textsuperscript{th} grade students attending Charles Ellis Montessori Academy, a Chatham County public school
Designed to Provide

- experiential training to pre-service teachers in the planning and implementing of health education information and motor skill development
Designed to Provide (cont’d)

• an opportunity for sport skill acquisition and development, helping these 5th and 6th grade students prepare and become motivated for participation in the middle school sports program
Designed to Provide (cont’d)

• information promoting healthy behaviors and practices leading to healthy adolescent development
Need

• Middle school students—a distinct age group that represents a unique state of development with definite physical, social, emotional, and intellectual characteristics. (Association for Middle Level Education)

• Due to changes and increased decision-making opportunities, they are extremely vulnerable to behaviors that place them at risk. (Mohnsen)
• In the past 30 years, the prevalence of obesity among children has more than tripled: to 19.6% for ages 6 to 11 and to 18.1% for ages 12-19. (CDC)
• ADD/ADHD diagnosis, stress, anxiety, and depression rates among youth are increasing.
Need (cont’d)

• Participation in organized sports prior to middle school is done through rec leagues and private/club leagues, often limiting participation to those adolescents with greater parental involvement and income.
Benefits of Regular Physical Activity

• helps build and maintain healthy bones and muscles
• helps reduce risk of developing obesity, diabetes, cardiovascular disease, certain cancers
• reduces feelings of depression and anxiety
• promotes psychological well-being
• may help improve students’ academic performance
Program Format – Skills Stations

- basketball, flag football, tennis, volleyball; use of pedometer throughout
- length of time: 30 minutes each
- HPE students required to prepare a typed plan to include:
  - progression for the sport
  - identification of skills to be taught
  - cues
  - drills/game
  - equipment list
Program Format – Health Stations

• hygiene, exercise, nutrition, alcohol, tobacco, bullying/stress management
• length of time: 10 minutes each
• HPE students required to:
  • create a triptych with topic information
  • include an interactive/hands-on activity
Program Format – Team Leaders

- responsible for walking students to appropriate activities/rotation and assisting with activity
- create three trivia questions and answers for each sports skill and health stations to be used during station transition
Groups

• students grouped according to grade level – 5th and 6th grade
• 6 groups of approximately 15 students
• each student wore a pedometer throughout event to monitor steps taken
Stations

Station 1: nutrition, hygiene, exercise
Station 2: flag football
Station 3: tennis
Station 4: alcohol, tobacco, bullying/stress management
Station 5: basketball
Station 6: volleyball
Motivational Items

- take-home items: water bottle, Choose My Plate magnet, pocket guide for eating out, book mark showing serving sizes
- class set of pedometers for continued lessons at Charles Ellis
Anticipated Improvement in Teaching and Learning for Pre-Service Teachers

- provide opportunity to plan, implement, and reflect on this service learning initiative
- allow for positive impact on the students in the community by using knowledge and skills developed – enhanced teacher preparation
Anticipated Improvement in Teaching and Learning for Pre-Service Teachers (cont’d)

• help foster personal and professional growth, encouraging candidates to work toward actively engaging the whole learner with creative methodologies
Anticipated Improvement in Teaching and Learning for Charles Ellis Students

- provide students with relevant health information to help students make healthy decisions
- help motivate their desire to participate in the middle school sports program
Student Survey

5th grade students asked, “Do you plan to participate in the middle school sports program in the 6th grade at Charles Ellis?

- 39 responded yes
- 4 responded no (2 participate in league/private sports, 1 would not be attending Charles Ellis, 1 “not a fan of sports”)
- 1 responded unsure
Student Survey

6th grade students asked, “Did you participate in your school sports program this year.”
- 17 responded “yes”; 8 responded “no”

6th grade students then asked, “Do you plan on participating in your school sports program this year.”
- 22 responded “yes”; 2 responded no”; 1 responded “unsure”
Observations by the Charles Ellis Teachers on the Attitudes of the Children Attending the Event

- excited
- could hardly wait
- very positive
- engaged
- attentive
- asked a lot of questions
- enjoyed themselves
Comments by the Charles Ellis Teachers

• “I saw students who do not participate in sports at school playing.”
• “I hope it becomes a yearly activity for 5th and 6th graders if not other grade levels because the students got a well-rounded experience. Charles Ellis does not have a gym. The children got an opportunity to have a much greater experience.”
• “The facilities at Armstrong add a lot to the positive attitudes.”
Contact Information

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Works Cited

