

Family Fitness Night

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Target/Goal

- * Involve families and the community in a school event
- * Help families understand the importance of living healthy lifestyles
- * Gain support for your physical education program



**FAMILY
FITNESS**



Where do I start!?

1. Pick a date with administration!
2. Reach out to local organizations
3. Figure out space options
4. Ask for teacher volunteers
5. Decide your pricing options
6. Advertise!
7. Enjoy a fun evening with students and their families 😊



Picking a Date...



- ❖ Pick a date that has meaning and purpose (if possible)! Have a reason to celebrate being active!
- ❖ Dates to keep in mind:
 - Times when fundraising for PE may be necessary
 - ACES Day (All children exercise simultaneously) - MAY
 - National Sports and Physical Education Week- MAY
 - Any other significant days/weeks at your school

Reaching out...

- ❖ Contact local organizations that can volunteer their time. Many organizations are willing to do so, in order to get their names and information out in the community!
- ❖ Suggestions
 - Local gyms/fitness centers
 - Health care providers (school nurse)
 - Community center
 - Health food stores/suppliers
 - Firefighters and police officers



Advertise!

- * When it is time to advertise for your event, do so early!
- * Send home flyers with the students
- * Send out telephone “instant alerts” to student’s parents
- * Depending on how large you want the event to be (who you want to attend), advertise in the community.



Spacing and Organizations

After confirming the participation of local organizations, it is crucial to determine what facilities you have available and your spacing options.

Examples:

- * Organize your “hands on” fitness activities in large areas like the gym or larger classrooms (aerobics, kickboxing, Wii fitness & sports games, etc.)
- * Organizations that are present to hand out information can all be placed together in an area like the library or cafeteria.

Activities

Aerobics Class

Bowling

Ping Pong

Mini Golf

Volleyball

Basketball

Weight Training

Box Hockey

Just Dance

Zumba Class

Hands Only CPR

Blood Pressure

Obstacle Course

Park District

Local Sports Organizations

Raffles

Concessions

Health Fair



- ❖ Opportunity to display students' work throughout the year
- ❖ Create a platform for students to become health and fitness advocates
- ❖ Topics can include: diabetes awareness, obesity, nutrition label literacy, tobacco/alcohol/drug prevention
- ❖ Research careers of health professionals

Who Can Help!?

- ❖ Start at your school when looking for volunteers.
- ❖ Teachers, Aides, Administration, Parents (PTO)
- ❖ Most, if not all, organizations will send someone out to run their station/activity.



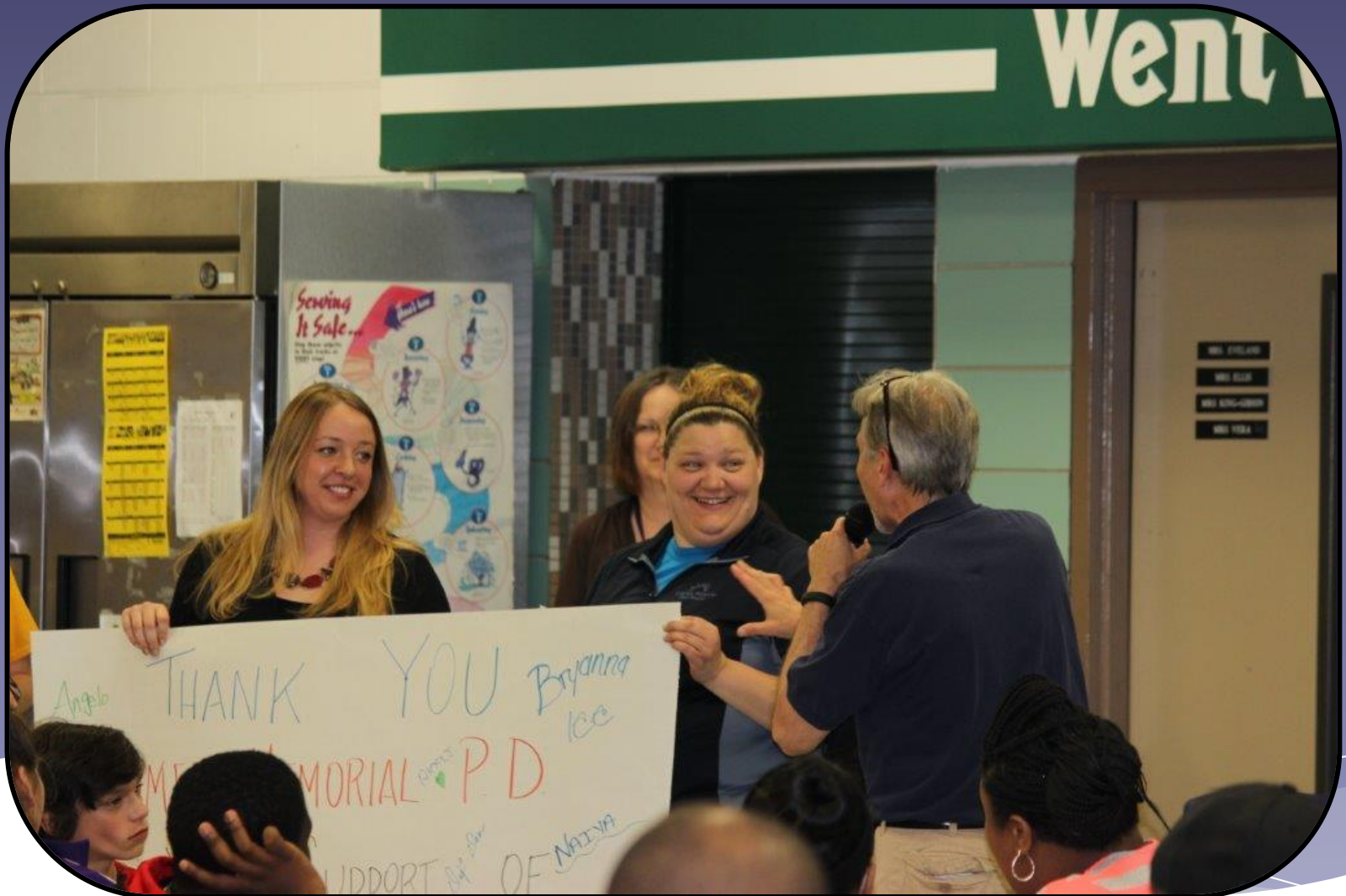
Decide Pricing

- ❖ This event can be completely free if you choose, but can also be used as a PE/school fundraiser.
- ❖ Money can be made through...
 - Tickets to attend the event
 - Concessions (healthy food options)
 - Sell raffle tickets for prizes (fitness equipment, t-shirts, free week membership at participating gym, pool passes, etc.)



Brainstorm



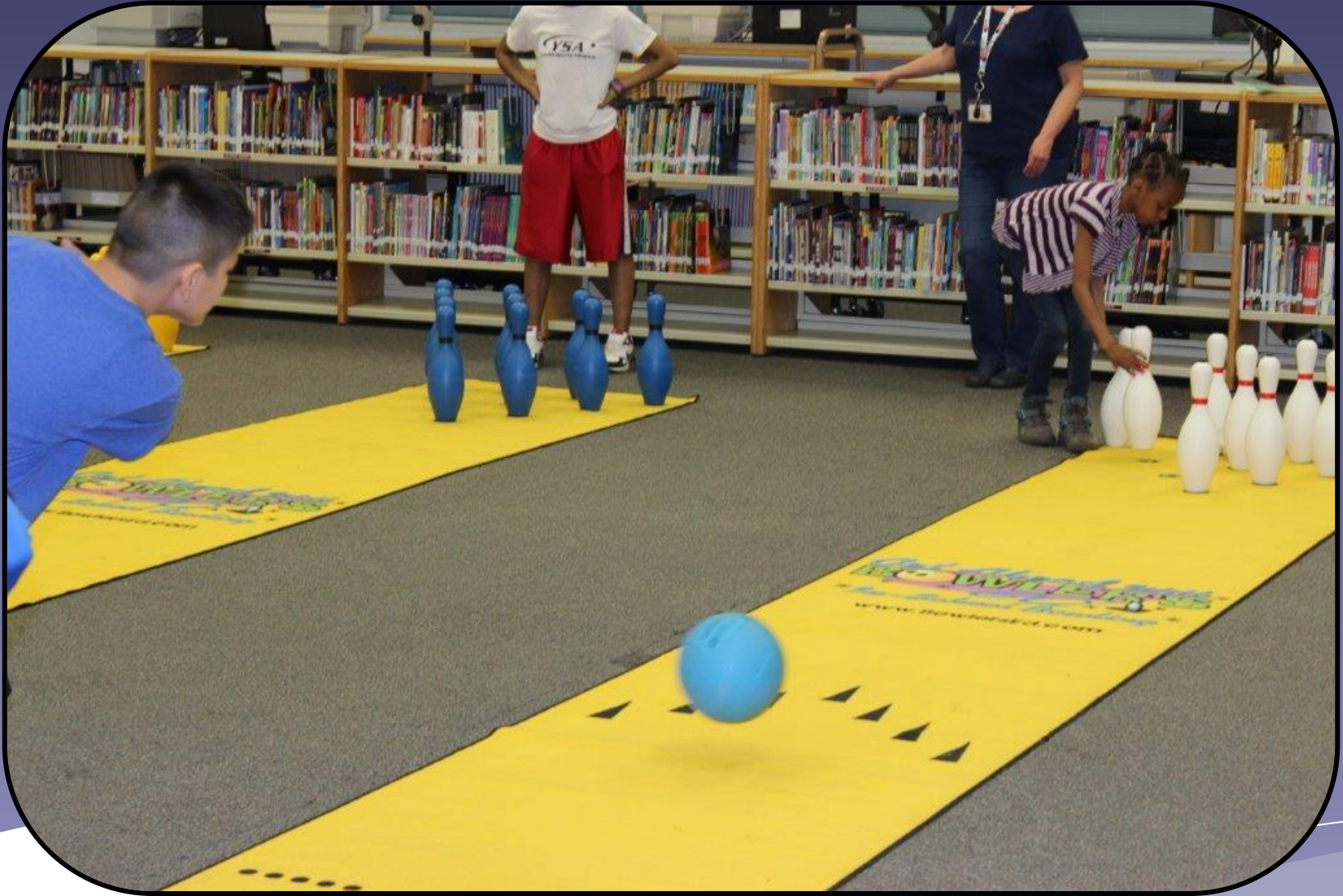






... is caring,
oving,
ompassionate,

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LIBRARY

BOWLING

TABLE TENNIS

MINI GOLF







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Thank You!!