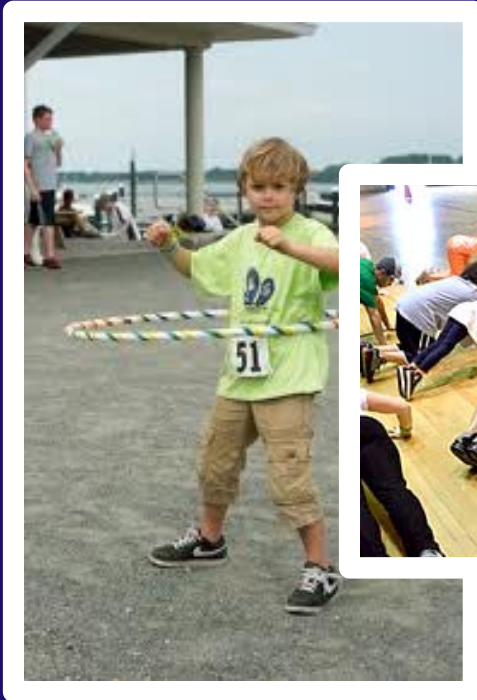


Aurora Public Schools Family Fitness Night!

May 1st, 2012 at Aurora Central High School from 6:30-9pm



Let's Move Aurora!!!

The evening will feature local sports performance and fitness professionals with interactive demonstrations, youth fitness exhibitions from district organizations and vendors from the health & wellness community here in Colorado. There will also be a celebrity emcee and guest motivational speaker by the name of Mark McIntosh of Mile High Sports Radio!!!

Hosted in Partnership with the Aurora Public School District, the Colorado Sports Organization and the Colorado Governor's Council For Physical Fitness to promote Let's Move in School and National Physical Education and Sport Week.

FREE
Family Event

****Prizes & Giveaways!***

****Exciting Demonstrations From Local Fitness Pros!***

****Check Out Great Vendors & Participate In Activities!***

Brought to you by:



Email ceellis@aps.k12.co.us for more information!

Meet the Speaker

Clayton Ellis

Physical Education Teacher

Aurora, CO



Aurora Central High School

Aurora, Colorado

School Profile:

- Grades 9-12
 - 2235 students
 - 72% free and reduced lunch
 - 39% English Language Learners

Demographics:

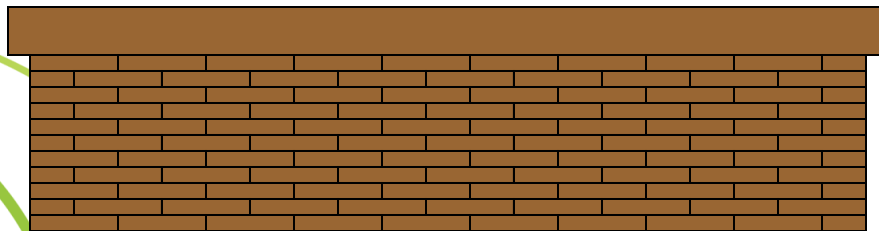
68% Hispanic
15% Black
8% Asian
6% Caucasian
3% Other



Barriers

- **Barriers:**

- Colorado is probably the most locally controlled State in the country. (There is NO requirement for PE)
- Aurora Public Schools combined their graduation requirement for art, music and physical education last year.
- The economy, high stakes State Assessment scores, and the remediation rate of Higher-Ed students were cited as reasons for cuts.
- Each PE department at the 4 high schools in A.P.S. were cut in half.



Our Goals

- **We hope to:**
 - Raise the Awareness of the Physical Education program
 - Raise the Awareness of the Obesity Epidemic
 - Promote different modes of Lifelong / Functional Fitness



Methods of Implementation

- **Complete paperwork to reserve the facility.**
- **Colorado Governor's Council for Physical Fitness**
 - The Council's mission is to empower lifestyle change in citizens of all ages and abilities through promoting and sponsoring physical activities, and to act as a liaison for the Governor on fitness-related issues.
 - **Colorado Sports Organization (Member of CGCPF)**
 - The CSO is committed to building an active network of Colorado sports, fitness and health & wellness providers and professionals, with the goal of developing innovative ways to assist these providers in gaining exposure and success through the development of new resources and relationships within the Colorado community.
 - **Network of Fitness Professionals**



Network with Professionals

- **Network of Fitness Professionals Include:**
 - Local Celebrities / Athletes / MC of the Event
 - Numerous Personal Trainers
 - Bootcamp / Crossfit Instructors
 - Martial Arts Studios
 - Demo Teams
 - Zumba Instructors
 - City of Aurora Parks & Recreation Department
 - Healthy Food Vendors – (free food samples)
 - Kaiser Permanente Medical Group??
 - Unique Fitness Equipment Suppliers



Action Items

- **Presented to Coordinated School Health Committee**
 - **“Celebration of Success”**
 - 11 Schools were being recognized for developing teams.
 - Assembly to showcase programs & recruit more schools!!
 - Most of the focus was on the “Go, Slow, Whoa” Nutrition program in the school cafeteria.
 - Audience consisted of:
 - District Administrators
 - School Board Members
 - Nutritional Services
 - School Nurses
 - Parents



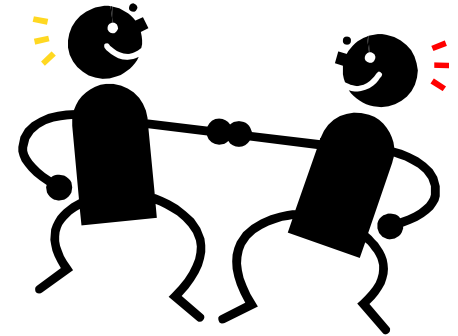
Action Items

- **Create a Press Release**
 - Utilize the school districts communications department.
 - Utilize the local newspapers and media outlets to get the word out.
 - Invite the media to attend.
- **Create a Flyer**
 - To recruit prospective Fitness Professionals.
 - Utilize as an advertisement for the event.



Action Items

- **Meet with School District Administration**
 - To gain support for the program.
 - PE group was invited to present classroom energizers to the principals
- **Meet with Physical Education Teachers during PD.**
 - To recruit demonstration teams
 - Dance
 - Jump Rope
 - Fitness Assessments
 - Etc...



Set Up

Set Up:

- Exhibitors are going to have booths around the perimeter of the gym.
- The main gym floor will be used for Demonstrations and Audience Participation

