

Move More After School Recipe for Success

Recipe Name: Shake and Bake a Healthier Lifestyle

“Mississippi is not only known for its mud pie desert but the Mississippi Slide. You cha cha to the left and move to the right... back it up and jump....”

Learn how the Tutoring, Resources and Educational Consulting (TRAC) Enrichment Centers, a 21st Century Community Learning Center funded program, incorporates physical activity into their curriculum.

Ingredients:

The target audience

The Tutoring, Resources and Educational Consulting (TRAC) Enrichment Centers After-School Program serves young people in kindergarten through fifth grade.

Resources needed for the project

- Bose sound system (a regular CD player or stereo can be used)
- Your choice of good line dance music
- Storage box for an assortment of activity cards
- *Energizers* booklet (downloadable from www.EatSmartMoveMoreNC.com)
- Floor space
- Energetic staff

The partners

- N.C. Department of Public Instruction
- TRAC Enrichment Center, Inc.

Instructions:

The project

- TRAC Enrichment Centers incorporate physical activity into their after-school programs. Their curricula include *Energizers*, which integrate physical activity with academic concepts, line dancing and an assortment of play-and-learn activities all academic based.

The basic steps to implementing the project

- Clear your space for floor activities
- Organize your activity box
- Review the *Energizer* booklet for your grade level
- Select line dances that are easy to learn (listen and follow directions)
- Select line dance music that is multicultural
- Motivate your staff and encourage student participation

The timeframe

- One week to plan the activities.

Results:

The outcomes of the project

- All students participate in physical activity 15-30 minutes each day they are in the program.
- Students look forward to physical activity time. They are not intimidated.
- Student move more and better after one week of participation.
- Students have become leaders during the line dance activities.
- Students have improved stamina and endurance (they have moved from 15 minutes to 30 minutes of non-stop physical activity).

Why this project is a success

- Students demonstrate better self-image and higher self-esteem. Because of their higher self-esteem, students are trying harder to succeed academically. Students have also become team players and work together cooperatively.

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