

## **SEATTLE PUBLIC SCHOOLS, WA**

### **Project:**

#### **Alternative Lifetime Fitness Activities for Preteens**

### **Type:**

- Physical activity program
- School physical education
- Professional development

### **Setting:**

- School-based

### **Partners:**

- Other state government agency: state education agency
- State physical activity council: Washington Coalition for Physical Activity
- Other state organizations: Washington Dairy Council,
- Other local organizations: King County Coalition for Physical Activity, Seattle Sports Advisory Council
- Other: community relations staff from the Seattle SuperSonics and Storm basketball teams

### **Goals:**

- To expand alternative lifetime fitness opportunities for preteens.
- To increase staff development activities that will sustain these offerings.
- To purchase alternative equipment for the Physical Education Resource Center (PERC).

### **Description:**

The Seattle public schools selected new activities to expand the Alternative Lifetime Fitness opportunities for students in grades 3-8. Professional development was conducted with physical education teachers during the 2001-2002 school year. Various types of alternative fitness equipment was acquired for the Physical Education Resource Center (PERC), a loaner set arrangement that has been in operation for more than 25 years, e.g., juggling, heart monitors, aerobic steps, etc.

### **Successes:**

- About 25,000 students had first-time experiences with archery, fencing, skating, bowling, unicycling, wall climbing, mountain and dirt biking, and using heart monitors.
- Students learned about target heart zones, Dr. David Satcher's recommendation to take 10,000 steps a day, and locations in the city to continue with alternative-skills development.
- Students learned about changes in the "new" physical education through informational posters created under the grant.



**Challenges:**

- To motivate teachers into new movement forms and to experiment with more innovative teaching strategies.
- To motivate students to use monthly fitness calendars to promote the benefits of physical activity outside of their classrooms.

**Strategies for sustainability:**

- Eight planned staff-development activities in the coming year will support teachers in their search for even more new experiences for their students.

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