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<http://wvde.state.wv.us/healthyschools/>

Avatar Kinect

Infograph



Let's Move! WV is an initiative that recommends schools accumulate an **additional 15 minutes of daily physical activity**.

- Studies suggest that the average child accumulates only 35 of the recommended **60 minutes** per day of **moderate to vigorous** physical activity.
- Rates are much lower among adolescents who get only about 8.5 minutes per day. Just 42% of children and 8% of adolescents achieve the recommended levels of activity.

Today's Lesson:
Healthy Students are Better Students

Healthy Eating + Physical Activity = Improved Academic Performance

<p>Students who eat breakfast have better attention and memory.</p>	<p>Only 38% of all kids eat breakfast everyday.</p>
<p>Average 20 minutes of physical activity, less activity than recommended.</p>	<p>Only 25% of high school students and adults get the recommended 60 minutes each day.</p>

What is the right answer?

Schools: More than **2,000** schools every year in school across the state plan to encourage kids to eat their meals and get moving.

Wellness Programs: Programs like **Fast Up to Play 60** empower students to take control of their learning, breakfast programs and healthy schools. Community leaders, businesses and health professionals can also assist schools in providing opportunities.

Extra credit:

Read *The Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at www.wvde.gov

Learn more about how **Fast Up to Play 60** is helping schools to take action at FastUpToPlay60.com



1005 classrooms participating

[Online Resource Guide](#)

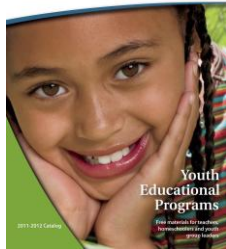


Modern Woodmen of America Jump Rope Program

Youth Ed Program	# of Programs	# of Children Served	Total Donations
Exercise/ Nutrition	663	105,072	\$64,011.47

Send Order Form to:

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Administrative Assistant
District Agent
Region 13-0
Modern Woodmen of America
1701 5th Ave., Suite 2
Charleston, WV 25387-1900
Regional Office 304-414-4480
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Statewide Events

2011/2012

West Virginia Activity Plan Launch
-Cupid Shuffle-

Sport and Physical Education Week
-Move-A-Palooza-Cha Cha Slide-

2012/2013

West Virginia JAM World Record Champion

2012-2013 Statewide Challenge
-“Call Me Maybe” Parody-

May 2013

Sport and Physical Education Week Challenge in Partnership
with the West Virginia Physical Activity Plan
Let's Move! WV “Just Dance”
Sid Shuffle-Continental Drift

Let's Move! WV “Kinected” Schools

- ❖ 272 **Kinect** bundles
- ❖ 1 unit in every county
- ❖ Regional School Wellness Specialists responsible for placing 20 in their RESA
- ❖ Phased approach
 - Phase 1 – focus on movement before, during and after school
 - Phase 2 –Optional additional academic applications

Let's Move! WV “Kinected” Schools

- ❖ Teachers know that children learn best when information is presented in a variety of ways.
- ❖ Some children absorb information audibly through **listening**, others need **visual stimulation** like reading and **writing** in order for knowledge to truly be learned, and certain kids need to immerse themselves in the experience in order to **learn by doing**.
- ❖ As part of Let's Move! WV, Kinect for Xbox 360 provides this as another tool for learning by raising awareness in a way that kids today understand – technology.



If you are not in a school that is participating in Let's Move! WV...

Do something about it!
KidStrong 2013



Websites

Office of Healthy Schools

<http://wwde.state.wv.us/healthyschools/>

Adventure To Fitness

<http://www.adventuretofitness.com/teachers>

Active Academics

<http://www.activeacademics.org/index.asp>