

Strategies used to motivate students

- Give classroom teachers a chance to provide feedback. Email them asking for it.
- Add a message in morning announcements.
- “Wall of Fame” in the multi-purpose room: have students sign it and say what activities they’re doing.
- Post your own log where students can see it, and keep it updated.
- Ask classroom teachers to also keep a log and complete it as part of the morning routine with their class.
- Explaining the Challenge to the students at the beginning of the Challenge, including why it’s beneficial to them.
- Have students discuss in small groups what they’ve been doing to be active. Also allow these groups to explain the program to new students and be mentors.
- Announce student accomplishments on the morning announcements or on a bulletin board.
- Ask staff to work out in the school gym to be healthy role models for students.
- Create a Challenge between teachers.
- Help families find safe, free activities to do outside. One way to do this is by starting after school clubs such as running or skiing.
- Write in school activities on the log before making copies. Students can then circle the activity if they did it, or there is room to write in what they did do if they didn’t participate in the activity. Eg. School or community races, ski practice, etc.
- Offer activities as rewards for completed logs.
- Offer an extra recess/PE class as a reward to the class (or class within each grade) with the most logs. This also gets the teacher on board.
- Offer a “free choice” day to the class (or class within each grade) with the most logs.
- When you accept the log, comment on an activity the student does. It helps connect with the student.
- Acknowledge students who put in extra effort in front of the whole class.
- Make a poster listing all the activities students have done. This gives kids ideas, and it helps to celebrate the collective activities of the school.
- Print the log on the back of the students’ reading logs and make it a daily assignment. This requires getting classroom teacher buy-in.
- “Short talks about how fitness brings more enjoyment to life; surf, skate, swim, ski longer and better.”
- Ask what they’re going to do at recess and with whom.
- Open the gym during recess. This is an especially effective way to get older students active who otherwise wouldn’t be active on the playground.
- Create a picture wall and ask your students to bring in photos of them and their families being active to hang on the wall.

- Give extra credit points to students who complete a log.
- “It surprises me how often kids don’t realize that just playing outside counts! I’d like my students to realize that ‘playing,’ doing what you love will lead to great, long term habits.”
- Announce the names of the first students to turn in logs each month on the morning announcements.
- Stress integrity and honesty with the kids as they fill out their logs. They are personally accountable, and the only person they’re cheating is themselves by lying on the log.

Strategies to involve families in the Challenge

- Create a display somewhere that parents will see with a calendar of activities happening in the community
- Include a message in the school newsletter along with a copy of the log, and encourage parents to complete a log as an example for their kids.
- Send a letter explaining the Challenge with the first log of the Challenge. Healthy Futures even has a template for this! Print it on the back of the log to save paper.
- Write the due date on the log before making copies to send home.
- Provide incentives for parents who do a log!
- Encourage parents to come to open gym time.
- Discuss the Challenge with the PTA or parent advisory council and ask them to promote parent involvement.
- Educate parents about the positive academic effects of physical activity—students focus better, act out less, and have better grades.
- Explain to parents the importance of having healthy role models at home.
- Provide ideas for family activity nights, and suggest parents guide their students to write “family night” on their log, so you can ask the child about family night and give them a chance to proudly share what they did with their family to be active.
- Thank parents! Thank them for helping their kids develop healthy habits by encouraging Challenge participation and role modeling healthy behavior.
- Post activity ideas and reminders on the school’s Facebook page.
- If your school has a text messaging program for parents, have classroom teachers send reminders to parents when the logs are due.

Ideas for activities to help explain Levels of Intensity and Types of Activity as described by health.gov to students

- Hang an RPE chart and a Signs of Exercise chart in your gym and have students refer to it frequently throughout activities.
- Have kids write their intensity level each day on their log for practice.
- Also have teachers write their levels of intensity along with their activities on their displayed logs.
- Have them hold up fingers to show their perceived intensity level. With younger kids, use just three levels: resting, moderate, and vigorous.

- Have the kids do an activity at various levels of intensity, then feel their heart to see how fast it is beating in order to learn what various intensity levels feel like. Eg. Have them feel their heart when they're sitting listening to instructions, after they run one lap, and after they run 3 laps.
- Discuss various activities and assign levels of intensity to them. If you have a Wall of Fame with pictures of kids doing activities, you could assign levels of intensity to them as a class. This same method could be used for discussing Types of Activities, determining together whether the activities are muscle or bone strengthening activities.
- Have the kids do different styles of races and rate the intensity level. Eg. Walking race, skipping race, etc.
- Use the talk test: can sing a song (low intensity), can talk but can't sing much of a song (moderate), can't say more than 3 or 4 words (high).
- Talk about what the body looks and feels like when doing different intensities of exercise—sweaty, red cheeks, racing heart, etc.
- "Set up 6 stations in the gym that demonstrate the types of activities that are described on Health.gov. Stations would contain rope climbing, jumping rope, the rock wall, tumbling, mountain climbers, and resistance bands. Students would have a card with them and have to fill out what type of activity each station falls in."
- Use a modified pacer test, giving kids a shorter and shorter time to cover a specific distance and discussing how they feel and what intensity level they were at after each segment.
- "I put a line graph on the board and as a class we chart and rate where different movements go on the line graph (scale of 1 to 10). This leads to a great discussion of exertion levels and the kinds of fitness activities students can do for 60 minutes (use on the HF log sheets)."
- Heart Rate Bingo: "Students complete a circuit of 10 different activities. After completing the activity, they take their heart rate and record it. We then discuss what activities are more intense than others. They then keep their paper and take it home to discuss the activity with their parents."
- "We could do a corners activity where I put 3 signs up around the room with each of the 3 activity types along with their definitions. So aerobic activities are ones where they are rhythmically moving their large muscles, muscle-strengthening are ones where they are making muscles do more work than usual to "overload" them, and bone-strengthening are activities where they impact on the ground that puts a force on their bones such as jumping. For the corners game, students start out standing behind their chairs and teacher says an activity for them to pantomime in their area. Students perform the activity for 20 second, then for assessment, they go stand in the corner where their sign is that shows what type of activity they think it is. Some ideas for the corners are: hopscotch, dancing, monkey bars, jumping rope, climbing a tree, riding a bike."

Managing Challenge logistics

- Give teachers a folder with all of the logs. Then they can use that folder to collect logs every month, as well.
- Send logs home in daily/weekly/monthly homework folders.
- Encourage students to make their own calendar on the back of a used piece of paper, so you don't have to make copies and they have a chance to take pride in their unique calendar.
- Encourage parents to print logs themselves online.
- Have classroom teachers incorporate filling out the logs into their morning daily routine with their students.
- Send classroom teachers a reminder a couple of days before logs are due.
- Personally collect logs from classroom teachers, ask them to put them in your box, or have students turn logs in directly to you.
- Leave copies of extra logs in a prominent place in the school—eg. In the office/lobby, near the front door, on a bulletin board outside the gym, etc.
- Make copies each month on a different color of paper, so they can be easily distinguished.
- Use staff meetings to remind teachers to collect logs—their minds are “in data collection mode” then.
- Laminate one log for each class to hang on the gym wall. Fill in their recess and PE, then have the kids fill in other activities as a class.
- Include log due dates on the school calendar.
- Send the next month's log home early as a reminder to turn in that month's log.
- Set the due date for the logs a few days before you have to have them entered into the database, so the inevitable late logs still get entered on time.
- Give them their incentives, “at the beginning of class then have them “hide” it in the entry to get on their way out. I tell them they need to put them right into their backpack to not make the teachers crazy.”
- Make a ceremony out of handing out the incentives in class. Congratulate each kid on a unique activity they did when you give them their prize.
- Put incentives in teachers' boxes and have them hand them out.
- Hand the incentives out during open gym time after school.