EMPACTS PROJECT:
FUN TO BE FIT

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The purpose of our EMPACTS project was to teach children how to be healthy and fit. We went to Mr. Livermore’s 4th grade class at Elkins Elementary School to teach health and fitness. We brought in a bag full of healthy food and safe and fun activities for each child. During our time in the classroom, we taught the students how to do proper exercises and showed them that it was fun to do them.

Our project will benefit the community by teaching children to be healthy and fit so they can in turn teach their families and friends.
Course Content Objectives

- Become more aware of how to be a better student and a better future teacher
- Help students make healthier choices to help them live a longer life
- Broaden our understanding of the classroom, school, and community
Fun To Be Fit Bags

The bags given consisted of:

- Apple
- Orange
- Fruit snacks
- Bouncy ball
- Jump rope
- Fun to be Fit packet
Fun To Be Fit Packet

Fun To Be Fit

April 2, 2010
Activities Taught

- Lunge
- Jumping Jack
ACTIVITIES TAUGHT

- Sit ups
- Push ups
ACTIVITIES TAUGHT

- Jump rope
We also showed the students a game that showed them how to make healthy choices when eating. We played it once with the children and let them write down the website to play it at home.
TECHNOLOGY

- For our technology, we used the computer and internet to make the Fun To Be Fit packets.

- Also, in the classroom we used the classrooms SmartBoard to write on and play a game.
WHAT WE LEARNED

- Our group learned how to work effectively in a large group, or classroom setting.

- We learned how to properly perform certain Pathwise Domains such as:
  - B1- being fair to each student
  - B2- building rapport with students
  - B3- cheerleading the students frequently

- We gained knowledge of teaching in a classroom setting and got advice from a certified teacher.
RESOURCES

- http://www.gameskidsplay.net/jump_rope_ryhmes/


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  - Donated 24 jumpropes
- Dollar General Corporations, Bentonville and Elkins, AR
  - Donated 24 bouncy balls and 8 jump ropes