



GET ACTIVE WITH THE CHILL CHALLENGE 2007!

Description:

This is a 2-week challenge for grades 4 to 8 that runs between May 15th and June 15th, 2007.

During the Challenge, students:

- Strive to be active for 30 minutes a day, 5 days a week for 2 weeks
- Thunder Bay Chill Soccer Team is booked to teach a soccer clinic one time during your 2-week challenge.

The Chill Challenge materials are attached and include:

- Lesson Plan to launch the Challenge
- Challenge log sheet for each student
- Draw prizes for your class – 1 “Micro Training-Soccer Ball” & 1 Chill T-Shirt (donated by Health Unit)
- School Grand Prize: 1 soccer ball (donated by the Thunder Bay Chill)

Teachers Instructions:

- *Choose dates for your 2 week challenge between May 8 and June 20, 2006*
(Black-Out dates are May 31 and June 1, as the team is traveling for away league games.)
 - Choose a Start date and an End date
 - Choose a date for returning the log and the classroom draw
 - Choose a date for the Grand Prize draw for the soccer ball with other Teachers
- *Teach the ½ hour lesson a day or two before the start date of the challenge*
This teaches about moderate and vigorous activity and the challenge instructions for the students
- *Start the Challenge*
 - Collect \$3.00 from each student (this could be given to the Chill players when they leave your class, unless other arrangements are made)
 - Distribute activity logs to the students
 - Have students fill in the Challenge dates and their name on their activity log
- *Check with the contact teacher as to the date and time of the Chill soccer clinic*
(sometime during your 2 week challenge dates)
- *End the Challenge*
 - Collect log sheets. Hold classroom draws.
- *Attend the Thunder Bay Chill Game on June 20*

Suggestions to maintain momentum:

- Daily reminders/encouragement and motivation to challenge themselves
- Planning for activity during agenda time
- Integrating activity concepts into other subjects ie
 - Art - poster activity on favourite activity, benefits of activity, safe activity, etc
 - Language Arts - poems, stories, etc on being active: what the challenge means to you, review books on sports dance heroes, design an active game for recess

Student Instructions:

Goal is to be moderately active for 30 minutes a day, 5 days a week for 2 weeks in a row
Physical activity can be added up in blocks of at least 10 minutes at a time
Encourage students to engage in **vigorous activities** for at least 10 minutes daily

Soccer clinic by the Chill can count towards one activity on the log

Every time an activity is completed, students are to record it on the log, along with the duration

Review prizes: Only students successful in meeting the 30 minutes a day, 5 days a week goal are eligible for the school draw for a Chill soccer ball.

Have fun!

What types of activity count

While any activity counts, ask students to pick up the pace to the moderate level (working somewhat hard or hard). Especially walking to school and skateboarding. Get students thinking FUN, not just exercising. Students have to be active at least 10 minutes at a time to enter the activity on their log. Phys. Ed classes count, as long as the students are actually active for the entire period.

Examples of vigorous activities:

Running
Jogging
Cycling hills
Playing tag
In-line skating
Basketball
Soccer
Skipping
Aerobics

Examples of moderate activities:

Brisk walking
Baseball
Dancing
Biking

Who is Eligible for Prizes

Every student who attempts the challenge and completes their log is eligible for the class draws, regardless of whether the student was active the 5 days a week.

Only those logs of students who met the 30 minutes a day, 5 days a week goal are eligible to enter the school draw to win the Grand Prize of a Chill Soccer Ball.

Questions?

Call Anne Ostrom, Thunder Bay District Health Unit at 625 - 5923, or Wilson Neto, Thunder Bay Chill 623-5911 or email tbchill@tbaytel.net