

LT GOVERNOR'S CHALLENGE
Make the Move to Better Health



2009-2010 Program Guide for Schools and Youth Groups

Funded by the Delaware Health Fund through the Delaware Division of Public Health
and administered by the University of Delaware.

LT GOVERNOR'S CHALLENGE

Make the Move to Better Health



The goal of the Lt. Governor's Challenge is to motivate Delawareans to become more active and to make the First State the "Fit State".

The Lt. Governor's Office has teamed up with the Division of Public Health, University of Delaware, YMCA and the Delaware State Chamber of Commerce to develop and promote this free program. In the past seven years, over 45,000 people have taken the Challenge, including about 32,000 children in over 85 schools, youth and community groups. The program provides Delawareans to a way to track their physical activity and earn points towards a Lt. Governor's Challenge achievement medal.

The Lt. Governor's Challenge has been adapted for use by school aged children and teens, in order to meet their specific physical activity needs. As you are aware, the rates of obesity and diabetes among children are on the rise. Helping them be more physically active can help to reverse this trend. The Challenge is an easy way to help your students adopt active lifestyles, which will enhance their health and quality of life both now and in the future.

Here you will find all of the materials you need to implement the program. All downloadable resources and achievement medals are free.

Thank you in advance for helping to promote the Lt. Governor's Challenge!

Table of Contents

Program Guide

- Delaware Students by the Numbers
- How the Challenge Works
- Easy Reference for Weekly Point Totals
- How to Run the Challenge

Program Forms

- Weekly Participant Log
- Registration Form
- Master Log Form

Online Options

- Online Program Features

Guide for Schools and Youth Organizations

Schools and youth organizations play a key role in helping to address the rising rates of childhood obesity and inactivity among Delaware's youth. Healthy students are successful students!

This guide is designed to assist personnel who wish incorporate the Lt. Governor's Challenge into their school or youth organizations. We hope you will find it to be a helpful and simple tool to motivate your students to be more physically active!

What YOU Can Do

As an educator, you can encourage and motivate students during the Lt. Governor's Challenge. By offering this challenge, you can help young people experience for themselves, the benefits of physical activity.



What are the Benefits of Physical Activity for Youth?

- Meet new friends
- Improve self-esteem
- Achieve a healthy weight
- Build strong bones and strengthen muscles
- Enhance academic success
- Improve flexibility
- Improve overall fitness
- Feel good!
- Have fun!

Getting Started

"It's easy, it's fun, and you'll feel great!"

This is the message the Lt. Governor's Challenge seeks to share with all participants. Here are a few creative ideas, which successful schools and youth organizations in our state have used:

- Sponsor a friendly competition between classrooms or grades.
- Create a fun bulletin board and post weekly progress of participants. Don't forget the teachers!
- Invite parents to join the Challenge make physical activity a family affair.
- Extend the Challenge into the classroom. For example; math teachers can use weekly point total logs to teach addition, averages, etc.
- Invite parent volunteers to assist by photocopying weekly logs and tallying weekly point totals.
- Host a medal-awards ceremony to recognize participants. Invite parents, administrators and the local press.

Delaware's Students by the Numbers

46%

of youth report watching an average of 3 hours of television a day



Nearly **1 IN 4** girls report no recent physical activity

36%

of Delaware's children and youth are either overweight or at risk of becoming overweight.

SOURCES: CDC and Delaware Youth Risk Behavior Survey

How the Challenge Works

Participants are encouraged to be physically active during the Challenge. They earn points for every 30 minutes of physical activity they complete. Based on their total number of points earned each week, they receive a bronze, silver or gold medal. Points are awarded based on the intensity and duration of chosen activity. Points can be earned quicker by choosing more vigorous activities, or by being active for more than 30 minutes each day.

According to CDC guidelines, children and youth should accumulate at least 60 minutes and adults should strive for at least 30 minutes of moderate physical activity on most days of the week. Therefore, point totals for students are higher than those for the adults. To maintain motivation throughout the program, participants are encouraged to set a weekly goal for the number of points earned and do their best to be active each week. All participants are encouraged to submit points each week of the program, rather than earn them all in the first few weeks. Medal goals are as follows:

Student Point Goals:

Bronze Medal = 19 - 38 points/week
 Silver Medal = 39 - 58 points/week
 Gold Medal = 59 - 83 points/week

Adult Point Goals:

Bronze Medal = 12 -20 points/week
 Silver Medal = 21 - 30 points/week
 Gold Medal = 31 - 42 points/week

You may choose to run the Challenge from 6-12 weeks, whatever suits your schedule the best. A reproducible log is provided for participants to use to record their points. Points for a variety of activities are listed in chart below. Points are earned for each 30 minutes of activity. Points can be halved or doubled, if a lesser or greater amount of time is spent engaging in the activity. All activity counts- recess, physical education class, play at home, sports team practice/games, household chores, etc.

Activity	Points/30 Mins.	Activity	Points/30 Mins.
Aerobic Dance/Dancing/DDR	6	Ping Pong	4
Backpacking	7	Pushing a Lawn Mower	6
Badminton	5	Racquetball	11
Baseball/Softball	5	Raking Leaves	4
Basketball	8	Rowing	7
Bicycling	8	Shoveling Snow	6
Bowling	3	Skateboarding	5
Canoeing	4	Ski Machine	10
Cheerleading	6	Soccer	7
Dodge ball	4	Stair stepping	6
Field Hockey	7	Stationary Cycling	5
Football (touch)	8	Step Aerobics	7
Frisbee	3	Step/Marching	6
Gardening	5	Swimming Laps	8
Gymnastics	7	Tennis	7
Horseback Riding	4	Trampoline	7
House Cleaning	4	Volleyball	3
Hula Hoop	4	Walking (easy)	3
Ice/Roller Skating/Rollerblades	7	Walking (fast)	4
Jogging/Running	7	Washing the Car	5
Jumping Rope	10	Weight Lifting	6
Kickball	5	Wheelchair Basketball	10
Martial Arts	10	Wrestling	9
Paddleball	10	Yoga/Pilates	4

Easy Reference Chart for Point Totals

You may run the Challenge for 6-12 weeks, choosing a time frame that fits best in your group's schedule. Because the goal of the Lt. Governor's Challenge is to help participants develop a habit of regular physical activity, they are encouraged to record their points and return their log each week, rather than earning all their points during the first few weeks.

The chart below indicates the total number of points that students and adults will need to accumulate to earn a medal over the time you've chosen to run the Challenge.

- The weekly point goals represent the number of points that participants should try to earn each week.
- To determine how many total points participants need to earn to receive a medal, simply find the number of weeks you choose to run the Challenge in the left-hand column. Then read across for total points.

Point Totals for Students and Adults						
	Student Bronze Medal	Student Silver Medal	Student Gold Medal	Adult Bronze Medal	Adult Silver Medal	Adult Gold Medal
Weekly Point Goals	19-38	39- 58	59-83	12-20	21-30	31-42
Total points needed to earn a medal in 6-12 weeks						
6 Weeks	114 - 231	232-351	352-500	68-117	118-171	172 - 252
7 Weeks	133 - 269	270-409	410-583	84 - 136	137-199	200-294
8 Weeks	152 - 308	309-468	469-665	96 - 156	157-228	229-336
9 Weeks	171 - 347	348-527	528-750	108—175	176-257	258-378
10 Weeks	190 - 385	386-585	586-870	120—195	196-285	286-420
11 Weeks	209 - 423	424-643	644-915	132— 214	215-313	314-462
12 Weeks	228 - 462	463-702	703-1000	140 - 239	240-339	340-500

How to Run the Challenge

Find the paper forms you'll need to run the Challenge in the Appendix. Simply make as many copies as you need. Four steps are all you need to run this program.

1. Register your school or youth organization.

Two forms are needed to register:

- A. Registration form
- B. Master Log: List the names, grades (age for teachers/parents) for all participants. Submit your forms via mail, fax or email.

If you prefer, you may use existing class rosters in lieu of the registration form provided. Please include the grade and school name and classroom teacher's name on each page. Or download the Excel worksheet, which you may submit via e-mail.

Choose the most **convenient** way to submit your registration materials-

Mail:

Lt. Governor's Challenge
P.O. Box 6
Newark, DE 19715-0006

Fax: 302-831-4261

Email: info@degetup.org

Registration must be received **no later than 2 weeks of starting** the Challenge in order to be eligible for school incentives and finisher medals.

2. Track participants' points.

Each week, give your students their weekly log sheet. Have them write their name clearly on the sheet, and also fill in the space for the appropriate week. Students may refer to the Points Table for activity ideas and to keep a record of their points earned, both in school and at home.

Each week, collect students' completed log sheets and transfer point totals on to the **Master Log Sheet** or **Excel Worksheet**.

Remember to pass out new log sheets each week as you collect logs from the previous week. Many teachers enlist volunteers to help with tallying points- parent classroom volunteers, older math students or math club members all make great helpers!

If you prefer track points via computer, download the Excel worksheet or request an account for the online version for schools and youth.



3. Submit your completed Master logs.

At the end of the Challenge, tally and record the **total points** and **type of medal** earned for each participant. Also, please include total number of each color medal needed.

Again, you may submit a copy of an existing class roster. Please add the point totals for each child and the medal they earned along with the class information you provided on the registration roster (see #1).

After we have received the Finisher's Forms from you, we will mail you the appropriate medals for you to distribute to students in your class who earned them. Please allow 1-2 weeks to receive the medals.

4. Award the Lt. Governor's Challenge medals.

The medals will be mailed in one batch, making it possible to have a "medal ceremony," if you desire.



Lt. Governor's Challenge Weekly Log

1. Use your log to keep track of the activities you do each day.
2. Be sure to write your name and this week's number on the lines below.
3. Remember, you can do an activity for as long as you wish. For example, if you play 15 minutes of basketball, you earn 4 points. Or, if you do 60 minutes of easy walking, you earn 6 points. Try different activities each week and have fun!

Points Table

Find an activity you like from the table below. For **every 30 minutes** you complete of your chosen activity, you'll earn the number of points listed. Your points add up as you get active! Do your best and earn a medal!

	<u>Students</u>	<u>Adults</u>
Bronze Medal	19-38 points/week	12-20 points/week
Silver Medal	39-58 points/week	21-30 points/week
Gold Medal	59-83 points/week	31-42 points/week

Activity	Points	Activity	Points
Aerobic Dance/Dancing/DDR	6	Ping Pong	4
Backpacking	7	Pushing a Lawn Mower	6
Badminton	5	Racquetball	11
Baseball/Softball	5	Raking Leaves	4
Basketball	8	Rowing	7
Bicycling	8	Shoveling Snow	6
Bowling	3	Skateboarding	5
Canoeing	4	Ski Machine	10
Cheerleading	6	Soccer	7
Dodge ball	4	Stair stepping	6
Field Hockey	7	Stationary Cycling	5
Football (touch)	8	Step Aerobics	7
Frisbee	3	Step/Marching	6
Gardening	5	Swimming Laps	8
Gymnastics	7	Tennis	7
Horseback Riding	4	Trampoline	7
House Cleaning	4	Volleyball	3
Hula Hoop	4	Walking (easy)	3
Ice/Roller Skating/Rollerblades	7	Walking (fast)	4
Jogging/Running	7	Washing the Car	5
Jumping Rope	10	Weight Lifting	6
Kickball	5	Wheelchair Basketball	10
Martial Arts	10	Wrestling	9
Paddleball	10	Yoga/Pilates	4

Name: _____ Week # : _____

Day	Date	Activity	Minutes of Activity	Points Earned
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<i>Good job! Add up your total minutes and points for this week! Remember to bring your log to your teacher and get a new log for the next week!</i>			Total Minutes:	Total Points:

Lt. Governor's Challenge Registration Form

Thank you for coordinating the Lt. Governor's Challenge! To register your school or youth organization, complete the form below and return it with your Master Log of participants.

School Information

School//Organization _____ Grades Enrolled: _____

Mailing Address _____

School/Organization Contact Person

Name _____ Position _____

Phone: _____ Ext. _____ E-mail: _____

Preferred way of contact: E-mail ___ Phone___ Best times to call: _____

Participant Information

Number of students participating: _____ List the grade(s) participating: _____

Number of adults participating (include staff and parents): _____

Activity information

We will run the Challenge for (choose between 6-12 weeks): _____ weeks

Anticipated Start Date: _____ Anticipated End Date: _____

Wrap-Around Events planned (check all that you plan to include):

___ Kick-off celebration on (approximate date) _____

___ Awards Ceremony on (approximate date) _____

___ Other: _____

Other staff assisting you to implement this program (indicate approximate number of each):

___ School nurse

___ After School counselors

___ Physical education teacher(s)

___ Youth Group leaders

___ Home room teachers

___ Parent volunteers

Please send this form **before you begin** your Challenge to:

Mail: Lt. Governor's Challenge P.O. Box 6 Newark, DE 19715-0006

Fax: (302) 831-4261

E-mail as an attachment: info@degetup.org Questions? Call (302) 831-6176.

