



Introduces the 2008

Minutes in **MOTION**

School Challenge



Minutes in Motion School Challenge Participation Guidelines

Dear Principals, Teachers, and Facilitators:

Thank-you for your interest and participation in the PA State Association for Health, Physical Education, Recreation and Dance (PSAHPERD) Minutes in Motion School Challenge made possible through Highmark Healthy High 5.

The challenge is designed to:

- encourage students to develop an interest in lifetime fitness through Minutes in Motion
- encourage involvement in the American Eagle Outfitters Tour of Pennsylvania presented by Highmark Healthy High 5 coming June 24-29, 2008
- learn about the history of the Forbes Trail
- help meet Pennsylvania State Education Standards including: 10.1 Concepts of Health, 10.2 Healthful Living, 10.3 Safety and Injury Prevention, 10.4 Physical Activity, 10.5 Concepts, Principles and Strategies of Movement

The Challenge is supported through tips and facts included on the Student Log Sheets and web sites, and teacher information. The Challenge is to be completed as an extracurricular activity or at home.

Included in this packet are posters, hard copies Student Log Sheets for all 6 weeks, Web-page copy, an Excel spreadsheet Student Completion Log to track student participation, a parent letter template to be sent home explaining the Challenge, and a wristband and t-shirt for you to keep. Please note that all information is also available for download at www.pсахperd.org or www.highmarkhealthyhigh5.org.

Please contact Teresa Lukes at gventures@verizon.net or 412-908-0810 if you find something missing and to submit your Student Completion logs.

1. What we need from you first is a list of those students participating. Download the Excel Spreadsheet from one of the web sites listed above and email to Teresa Lukes prior to April 7.
2. Hand out the log sheets for each week beginning with week one and email **ONLY** the names of those that completed the total of 150 minutes to Teresa by the following Wednesday. *(Dates are at the bottom of the spreadsheet.)*
3. **A student can join the Challenge any time after the first week**, simply notify Teresa of their participation.
 - a. Any student that completes the entire 150 min. in a week (no matter the week) will receive a silicon wristband designating their participation in the Minutes in Motion School challenge.
 - b. Students completing five of the six weeks will receive a t-shirt
 - c. Students completing all six weeks of the challenge will receive an extra chance in the drawing, plus an **added bonus** of winning one of six chances (one for each stage of the race) to meet and have their picture taken with the winning cyclists and receive an **official, autographed Tour of PA jersey**.
4. For your participation your name will be put into a drawing for one of ten, \$100 Flaghouse certificates.

When you turn in your weekly tally of those that completed the 150 minutes, a ticket will be placed in a box with their name on it (one for every week of participation, a possible total of 7) for a drawing on June 1st for a voucher for a bicycle. Teachers will provide winners' contact information and vouchers will be mailed to the winners. **At each stage of the Tour of PA at the Highmark Healthy High 5 Finish Line Festivals, students who wear their wristband or t-shirt will be recognized as participants in the Minutes in Motion School Challenge.** They will also learn about healthy living and are eligible for many more prizes and giveaways at the Festival. Learn more at www.highmarkhealthyhigh5.org.

Again, thanks for your participation.

Sincerely,

A handwritten signature in cursive script that reads "Teresa Lukes". The signature is written in black ink and is positioned above the typed name.

Teresa Lukes, PSAHPERD project coordinator