



your

SCHOOL

PowerUp Your School®

FOR SCHOOLS, EXTRACURRICULAR PROGRAMS AND MORE

PowerUp Your School: Call to Action

Despite evidence of the benefits of physical activity, our youth are not getting the opportunities for physical activity that they need.

- ▶ Only 39% of 9-13 year olds participate in organized physical activity³.
- ▶ 3.8% of elementary schools, 7.9% of middle and 2.1% of high schools provide **daily** physical education for students⁴.
- ▶ Youth 4-18 years old average only 30 minutes of moderate activity per day⁵.

The CDC recommends that children should accumulate **60** minutes of moderate to vigorous physical activity **EVERDAY** for optimal health, growth, and development⁶.

PowerUp Your School



- ▶ An extracurricular physical activity program aligned with educational learning standards for:
 - ▶ Before and After School Programs
 - ▶ Physical Education
 - ▶ Youth Organizations (YMCA's, Summer Camps, etc)
- ▶ Evidenced-based and founded on best practices in the industry
- ▶ Combines exercise and education to PowerUp Kids' bodies and brains!

PowerUp Teacher Survey Results

Teachers agree that after participating in a single PowerUp Your School session, students:



Teachers agree that since beginning the PowerUp Your School exercise program, regularly participating:



Features

- Is a plug and play program (*lessons are completely designed and ready to go – no lesson planning required!*)
- Includes grade level appropriate standards
 - Grouped: K-1st, 2nd-3rd, 4th-5th, and 6th-8th
- Designed with age appropriate exercises
- Every lesson is aligned with academic material

2nd-3rd PowerUp Your School Lessons (Set 1)

PowerUp Fitness

Grade Level: 2nd-3rd		Instructions: Introduction, procedures, safety, & rules			
Week 1: Class 1	WarmUp	PowerUp Endurance	PowerUp Strength	PowerUp Play Activity	PowerUp with Common Core
	<ul style="list-style-type: none"> Walk on toes/heels Walk high knees/kick bottom Cross body elbows to knees/ fingers to toes Jog high knees/kick bottom Introduce Frankenstein walks 	<ul style="list-style-type: none"> Crab walk/ bear crawls Frog jumps Jumping jacks Introduce burpees Run ladders 	Upper Body <ul style="list-style-type: none"> Crab dips Wall pushups <hr/> Lower Body <ul style="list-style-type: none"> Wall sits Lunges Squats <hr/> Core <ul style="list-style-type: none"> Plank 	<ul style="list-style-type: none"> Alphabet Race 	<ul style="list-style-type: none"> 2.OA.A.1: + and - within 100 3.OA.A.1: describe reps and sets a multiplication problems RI.3.3: Ladders sequence L.3.3: Alphabet race
Notes: Use school mascot chant to quiet group and regain attention. 2.OA.A.2: Use addition and subtraction within 100 to solve one- and two-step word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem. Fluently add and subtract within 20 using mental strategies. 3.OA.A.1: Interpret products of whole numbers, e.g., interpret 5×7 as the total number of objects in 5 groups of 7 objects each. RI.3.3: Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, or cause/effect. L.3.3: Use knowledge of language and its conventions when writing, speaking, reading, or listening.					

Grade Level: 2nd-3rd		Instructions: Introduction, procedures, safety, & rules			
Week 1: Class 2	WarmUp	PowerUp Endurance	PowerUp Strength	PowerUp Play Activity	PowerUp with Common Core
	<ul style="list-style-type: none"> Walk on toes/heels Walk high knees/kick bottom Cross body elbows to knees/ fingers to toes Jog high knees/kick bottom Frankenstein walks 	<ul style="list-style-type: none"> Crab walk/ bear crawls Frog jumps Squat jumps Jumping jacks Burpees Run ladders 	Upper Body <ul style="list-style-type: none"> Crab dips Wall pushups <hr/> Lower Body <ul style="list-style-type: none"> Wall sits Lunges Squats Bridges <hr/> Core <ul style="list-style-type: none"> Plank 	<ul style="list-style-type: none"> Cardio freeze tag (jumping jacks, squat jumps, lunges, toe raises) 	<ul style="list-style-type: none"> 2.OA.A.1: + and - within 100 3.OA.A.1: describe reps and sets a multiplication problems RI.3.3: Ladders sequence SL.3.2: Cardio freeze tag
Notes: 2.OA.A.2: Use addition and subtraction within 100 to solve one- and two-step word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem. Fluently add and subtract within 20 using mental strategies. 3.OA.A.1: Interpret products of whole numbers, e.g., interpret 5×7 as the total number of objects in 5 groups of 7 objects each. RI.3.3: Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, or cause/effect. SL.3.2: Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.					

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PowerUp Instructor Bundle

- ▶ PowerUp Your School Online Instructor Training
- ▶ PowerUp Your School Instructor Manual
 - Both feature: Program Guidelines, The PowerUp Exercises & Activities, Instructor Tips & Tricks
- ▶ PowerUp Your School Lesson Plans - *Grade level set of your choice*
 - Warm^{UP} Activities
 - Power^{UP} Endurance & Strength exercises
 - Power^{UP} Play activities
 - Power^{UP} with Common Core
- ▶ Business Basics Materials
 - ▶ Logos, sample sign up forms & sample waivers



PowerUp Your School Bundles

	\$349	\$499	\$1000	\$99
	PowerUp Your School "Starter Bundle"	PowerUp Your School "School Year Bundle"	PowerUp Your School "Elementary Bundle"	Annual Instructor Renewal
Online Instructor Training Platform	1 instructor 1 year of access	1 instructor 1 year of access	2 instructors 1 year of access	1 instructor 1 year of renewed access
PowerUp Instructor Manual	1 manual	1 manual	2 manuals	Electronic version of updated materials
PowerUp Lesson Plans	24 PowerUp Your School Plans Choose from: <ul style="list-style-type: none"> • K-1st • 2nd-3rd • 4th-5th • 6th-8th 	48 PowerUp Your School Plans Choose from: <ul style="list-style-type: none"> • K-1st • 2nd-3rd • 4th-5th • 6th-8th 	144 PowerUp Your School Plans Includes: <ul style="list-style-type: none"> • K-1st • 2nd-3rd • 4th-5th 	Electronic version of updated materials
Business Basics Materials (Logos, Sample Waivers, & More!)	1 year of access	1 year of access	1 year of access for each instructor	1 year of renewed access
Instructor Tips & Tricks Subscription	1 year subscription	1 year subscription	1 year subscription for each instructor	1 year renewed subscription

*Best option for full year
middle school program

Available Add-Ons & Considerations:

Support Instructor* - \$99

24 PowerUp Your School Plans - \$150

48 PowerUp Your School Plans - \$225

*Only available with bundle purchase. Instructor must be at same site. Includes access to Online Training Platform, Business Basics Materials, and Tips & Tricks Subscription. Does not include hardcopy materials.

¹ Two Instructors per school/program location recommended

² Discounts available for schools and organizations certifying six or more instructors!



Ways to Implement PowerUp Your School®

- Volunteers Support community volunteers through instructor training and utilize community members to run the program.

- Grants
 - Look for applicable grants to fund PowerUp Your School
 - After school/extended learning grants like 21st Century and LEAPs have been used in the past!

- Local Sponsorships
 - Full or partial sponsorships
 - In choosing a sponsor consider alignment with program, school, and overall mission of the PowerUp Your School program

- Participant Paid Charge participants an appropriate fee to cover training and instruction costs

- Principal / School Paid Costs associated with the program are covered by the Principal's budget or System budget (i.e. Coordinated School Health)

Evidence Supporting PowerUp Your School

- ▶ Independent researchers from the University of Tennessee evaluated the amount of MVPA participants were getting in the program and the quality of the instructors (using SOFIT observation methods. Results have been published by the American College of Sports Medicine here: https://journals.lww.com/acsm-msse/FullText/2014/05001/Physical_Activity_during_a_Before_School_Activity.2714.aspx#pdf-link
 - ▶ Key findings: 60.1% of the time was spent in MVPA; 17% in Light Activity
 - ▶ The instructors time was spent promoting fitness and managing children
- ▶ PowerUp Fitness conducted a survey of teachers, that are not PowerUp instructors and therefore unbiased, but had students participating in PowerUp Your School to evaluate the impact of the program that carries over into the classroom. Results are shown on slide 4.
- ▶ PowerUp Your School is founded upon the best practices of physical activity and academic achievement as outlined by the CDC here: https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf



HOW CAN WE HELP?

Web: www.powerupfitness.net

Instagram: @powerupfit

Facebook: powerupfitnessllc