

Coach's Challenge Program Teacher Instruction Sheet

Thank you for signing up for the Coach's Challenge Program. This program is a joint effort between the Southern Nevada Health District and head coach of the UNLV men's basketball team, Lon Kruger to encourage students to eat healthy and be physically active. This sheet provides details on how to implement the program in your classroom.

EXPLAIN THE PROGRAM TO YOUR STUDENTS

1. Briefly explain the "Coach's Challenge" program to your students.
 - Explain that students earn points each day for eating fruits and vegetables and being physically active.
 - Explain the point system: 1 point for every fruit or vegetables they eat each day and 1 point for every 15-minutes of physical activity they engage in during the day. So, for example, if a student ate 3 servings of fruits and engaged in a total of 45 minutes of physical activity they would 6 points for that day. Students will report daily totals on the Coach's Challenge poster.
 - Discuss with your students what physical activity is and what counts as a serving of fruits and vegetables. **There are educational materials, lesson plans and activities included on this DVD to assist you with this discussion.** You may wish to make copies of some of the materials for your students.
 - There is a master copy of a student daily tracker included in your packet. If you wish, make copies for each of your students and explain that they may use the logs to help them keep track of their daily points.
 - **There are four video messages from Coach Kruger included on this DVD.** Please play one message at the beginning of each week for your students.
 - Also included is an optional letter to parents in English and Spanish that encourages parents and guardians to support their child's efforts to eat healthy and be physically active.
 - The entire program is student self-report. Students should be aware of what counts as a serving of fruits or vegetables and what equals a physical activity point, so that they can report points as accurately and consistently as possible. We understand that there may be inaccuracies in reporting, the important thing is that students are consciously trying to be more active and incorporate more fruits and vegetables into their daily diet.

USING THE TRACKING POSTER

1. Write each student's name on the poster in the space provided. Teachers can also participate!
2. Display the poster in the classroom in an area that is accessible to the students.
3. Have the students write their total points from the previous day onto the poster every day. There are only slots for Monday – Friday. You can encourage the kids to stay active and eat healthy on weekends, but they won't report for those days. On Fridays, you may wish to

have the students report for that day when they leave school, or give them time on Monday morning to report for Friday. You may wish to set aside a regular time each day for students to add their total points (from the previous day) to the classroom poster.

IMPLEMENTATION

1. The 4-week program can be implemented anytime. If you want to implement the program more than one time during the school year, please contact the Southern Nevada Health District at: gethealthy@snhdmail.org and we will send you another classroom poster.

PRIZES

1. The Coach's Challenge Program can be implemented at any time however prizes are only awarded once per year. To be eligible for prizes you must complete the program and submit your report by mid-December. **Please refer to the 'Instructions and Timelines' sheet in your folder for the specific date that reports are due as dates change from year to year.**
2. You will be contacted by the Southern Nevada Health District if your classroom is one of the winning classrooms. The classrooms in each grade with the highest average point totals will be eligible for prizes. Prizes include tickets to a UNLV men's basketball game and a classroom visit from Coach Kruger. Other physical activity-related prizes will be awarded to randomly selected classrooms that complete the program and submit a report.
3. Certificates of Achievement for each classroom that completes this program during a prize implementation period will be mailed to you.

REPORTING

Reports are only necessary when the program is implemented between September and December. You must complete a report if you want your classroom to be eligible for prizes. You do not need to submit a report if you not implementing the program between September and December.

1. To submit a report during a prize time, please send an e-mail to: gethealthy@snhdmail.org with the following information:
 - Your name, the school that you teach at, and your classroom grade.
 - The total number of points your classroom earned during the 4-week program.
 - The total number of participants (students and teachers) from your classroom that participated in the program.
2. You can implement this program at any time during the school year. Reports are only required when the program is implemented between September and December.