

# WHAT HAPPENS WHEN IT IS MORE THAN JUST KICKBALL



# ABOUT THE PROJECT

Improving overall Physical Health in Physical Education (PE) class through knowledge of not only life long exercise habits, but healthy eating behaviors as well.

Think about overall health being 80% nutrition and 20% exercise.



**Improving  
overall  
physical  
health through  
knowledge.**

# PROJECT CONTEXT

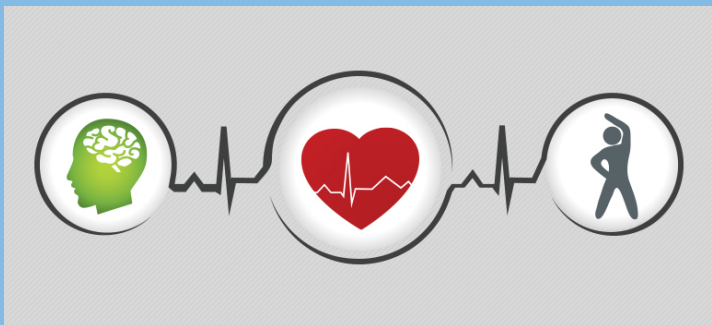
Within my Fitness For Life class of high school students I incorporated discussions about healthy eating habits, handouts that identify more healthy exercise and eating behaviors, as well as having students reflect on their lifestyle choices into the PE curriculum.

# PROJECT GOAL

To improve  
knowledge of  
healthy lifestyle  
behaviors;  
including exercise  
habits and healthy  
eating habits.

# MORE THAN FITNESS

- ▶ Weekly data collection sheets
  - ▶ recording sleep habits, fruit intake, vegetable intake, stress level, minutes of activity, and unhealthy sugar intake.
- ▶ Monthly body composition analysis
- ▶ Monthly reflections
- ▶ Weekly handouts
  - ▶ eat this not that
  - ▶ the food plates
  - ▶ healthy food swaps
  - ▶ what happens when you eat according to the food plate
- ▶ Monthly goal setting







# STUDENT RESULTS

- ▶ Ate more fruit per day
- ▶ Were happier about their body image
- ▶ Worked out 60 minutes on the weekends
- ▶ Ate less processed sweets
- ▶ Drank more water
- ▶ Were more conscious about their food choices
- ▶ were less sick
- ▶ Were more concerned about strength, rather than the number on the scale
- ▶ Improved flexibility
- ▶ Ate more vegetables per day
- ▶ Had more intense workouts
- ▶ challenged themselves more
- ▶ achieved goals
- ▶ improved self-esteem
- ▶ stopped drinking energy

# CONCLUSION

Students made lifestyle changes and improved happiness within their overall health.

**"The secret of  
change is to  
focus all of  
your energy,  
not on  
fighting the  
old, but  
building the  
new."**

**~Socrates**

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**TIC PROJECT**