

Allison Elementary School

Wellness Activities

- Fitness Trail - (K-4) Each grade level has a specific day they walk on the fitness trail during morning recess. Students can do a variety of exercises posted throughout the fitness trail.
- PBS – Students learn the rules of the school for positive behavior.
- Principal challenges hot lunch students to taste new or unfamiliar items on the lunch tray.
- Children may Breakfast with Grandparents during one week during the school year.
- 2nd and 4th Grade participated in JAMmin Minute - Students did fitness minutes throughout the day.
- 2nd Grade took a Fitness Journey to Egypt.
- PBS Activity - Students participated in different activities each month if they have a full star card for positive behavior.
- Red Ribbon Assembly (Pre-K - 4) - Each grade level went to 5 different stations learning how to "*Just Say No to Drugs*".
- Halloween Parade - (K-4) Students have a parade through the town of Chester.
- Student taste test committee – students meet every other month and taste different foods to give ideas for breakfast and lunch.
- Just dance – a just dance video is selected to get student out of their seat and exercise at the end of the day.
- Jammin minutes or daily exercise break – 325 minute break of physical activity throughout the school day lead by a teacher or students.
- Adventure to fitness – students follow the exercises of instructor while pretending to be exploring different places in the world.
- Discovery education.com video – students will watch short video clips as an extension to a health activity or lesson for example safety, nutrition, proper hygiene.
- Fitness trails – specific grade levels walk around one of the two fitness trails in the morning before going to class