

Healthy Buddies

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Fitness Loops

- Twice a cycle our buddies met in the gym for their fitness loops.
- The older buddies were trained to lead a whole group warm-up. While the younger buddies followed along.
- There were 8 stations set up around the gym with 2-3 'buddy groups' starting at each station.
- We played music and had the clock going to signal transitions between stations.
- The older buddies were responsible for leading their younger buddies in the activity and deciding what path they would take (for example around the area or back and forth).

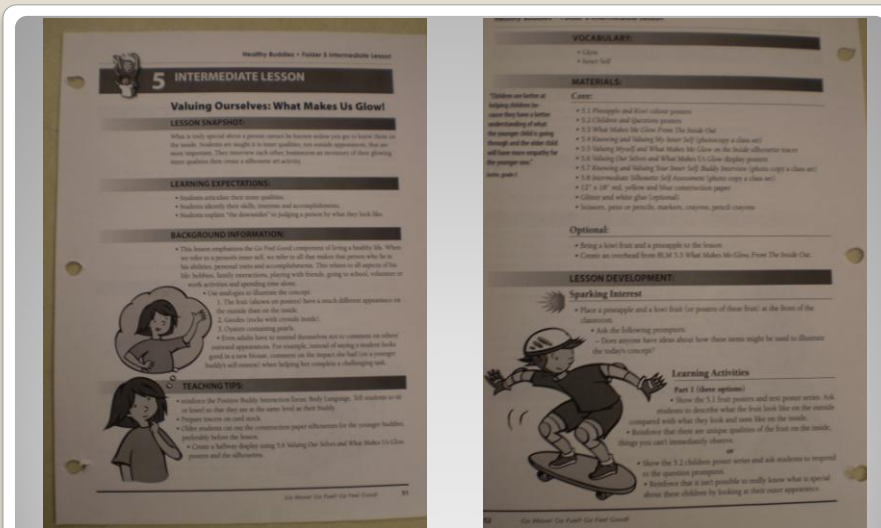
Fitness Loops Cont'd

- When the groups had completed all 8 stations the older buddies would lead a cool-down.
- Each station lasted 3 minutes and the warm-up and cool down were 5 minutes each. The total time to complete the loops was about around 35 minutes.
- Kids were active (sweating, red faces, breathing heavily)
- Kids had fun with the activities and their buddies.
- Older buddies took pride in their responsibility.
- Other than the station posters there was very little set-up required.

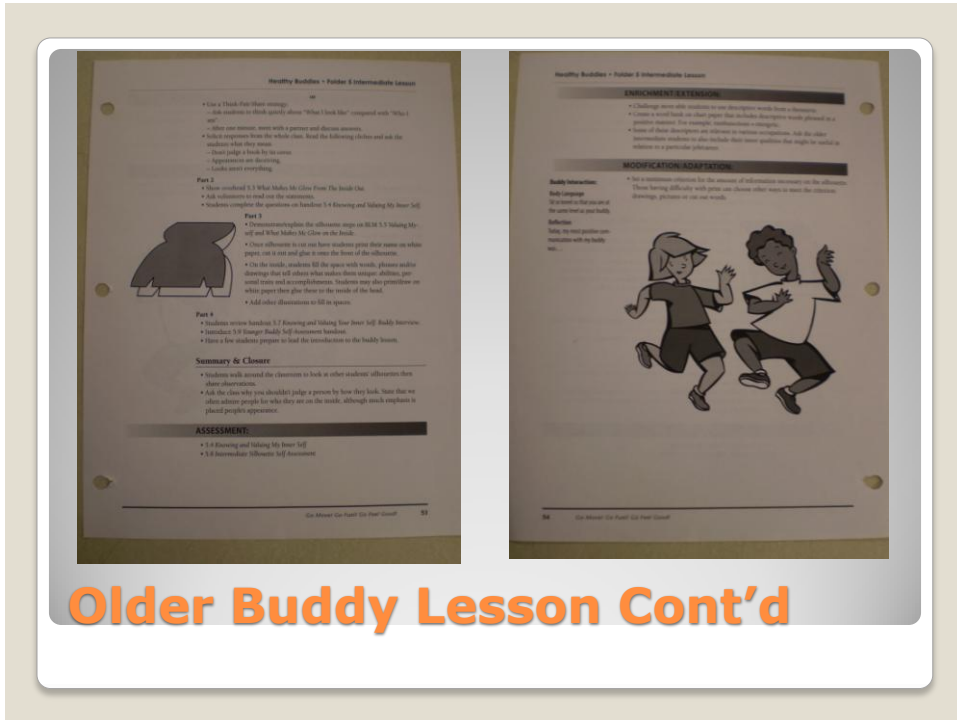
Fitness Loops Cont'd

- Once a cycle, during our health class, the older buddies were taught a lesson from the healthy buddies program.
- The lessons followed the themes 'Go Move', 'Go Fuel', and 'Go Feel Good'.
- Students knew that they would be teaching this lesson to their younger buddy so they were more involved and attentive.
- All materials including black-line masters and visual aides were well laid out and ready to use.

Older Buddy Lesson



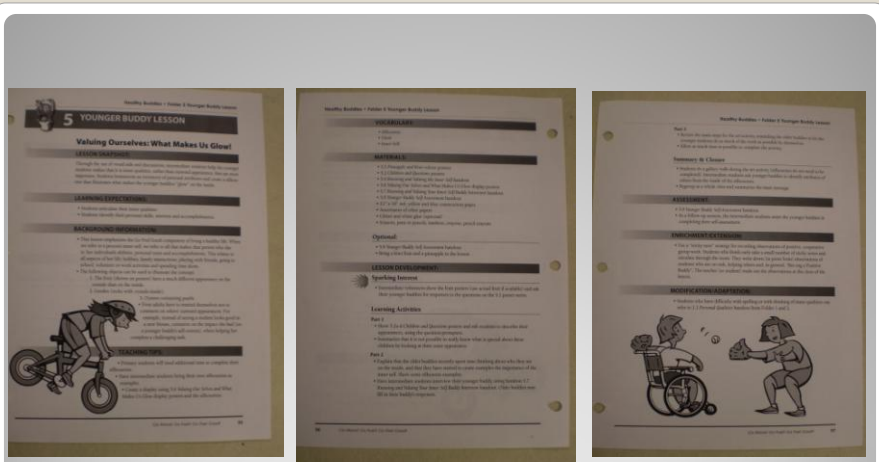
Older Buddy Lesson Cont'd



Older Buddy Lesson Cont'd

- Once a cycle, after the older buddies had completed their lesson, the buddies met for the in-class component.
- This lesson was led by the older buddies.
- Once again materials were all well laid out and ready to use.
- These lessons went very well and the kids really enjoyed them.
- The kit also contained healthy living games for anyone who finished early.

Younger Buddy Lesson



Younger Buddy Lesson Cont'd



Positives

- Content was great, kids really got a lot out of it.
- Fitness loops got the kids exercising and having fun
- Materials were all ready to go so there was minimal planning and preparing.
- Creates a feeling of school community.

Negatives

- Scheduling needs to be set up for the gym and classroom buddy times before the year begins.
- Program can't be run every year in smaller schools because students will eventually overlap.

- "I really loved the gym time because we got to play with our older buddies." – Grade 2 student
- "Healthy Buddies taught me that it doesn't matter what you look like as long as you live a healthy lifestyle." – Grade 6 student.
- "I liked teaching my younger buddy what I had learned and doing the art activities." – Grade 6 student

Student Comments



GO MOVE!



GO FUEL!



GO FEEL GOOD!

Questions???