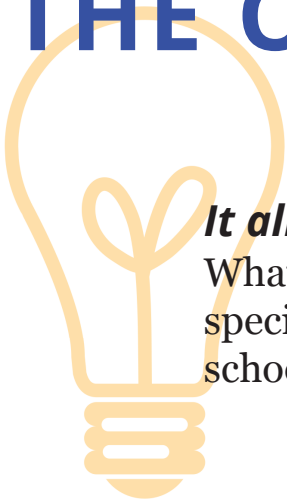


VOLUNTEER / PRESENTER GUIDE

This manual is designed to help you guide your classroom/kids to get the most out of FLY Movement, complete with suggestions for enrichment.

ABOUT THE ORGANIZATION



It all started with an idea.

What if there was a kids health program that didn't just target a specific gender, athletes, or students who can only participate after school, but rather a program that was accessible to all children?

Launched in 2014, Fly Movement (***Fitness Lifestyle for Youths***) is a nonprofit organization that is devoted to inspiring and cultivating healthy lifestyle habits in our youth. Our ***mission*** is to give kids an opportunity to reach a fitness goal by using fitness trackers and friendly competition, and along the way, learn how to set goals. Fly Movement has served over **250** kids and helped launch Houston's only free kids fun run.

Thank you for volunteering to be a part of Fly Movement! Our program wouldn't exist without your support!

Eric Melchor

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WHY FLY MOVEMENT?



A 2014 Harris county study reports that more than **34%** of Houston children are clinically obese.



92% of Texas elementary Schools do not have daily physical education.



Climbing trees has been replaced by hours spent in front of televisions, tablets, and smartphones.

BEFORE THE LAUNCH

Ask yourself the questions below before you launch Fly Movement at your school. These can help make the launch run successfully. It is important that you understand the dates, times, and location you are scheduled to incorporate the Fly Movement program.



GOALS

- Confirm program dates with Teachers & Fly Movement team
- Teacher(s) meet and greet before program begins
- Ask teachers to distribute pre-program surveys to parents
- Team huddle (phone call or social) to review & discuss program timeline and responsibilities



QUESTIONS TO ASK

- Am I available to lead the program? (Program / classroom leaders)
- Have I met & spoken with the other volunteers who will assist me in launching this program?
- Do I know what is expected of me?
- Do I have an awesome Fly Movement shirt that I can wear during the visits with the kids?

PROGRAM LAUNCH



1ST VISIT

PROGRAM LAUNCH DAY

1ST VISIT



GOAL: An awesome program kickoff while getting kids to love you!

Establishing trust is the first step to any successful relationship. And since this **IS NOT** a ‘visit the kids just one-time’ program, you want the kids to **LIKE YOU** so they want to see you again. So how do you get your kids to like you? What will it take for the teacher **AND YOU** to want to see this program continue successfully?

HERE IS WHAT YOU WANT TO DO TO HAVE AN AWESOME PROGRAM LAUNCH:

ATTITUDE

Dial it UP! In under a second, as soon as you walk into the classroom, kids will assess if you have high or low energy, if you look trustworthy, and if you **ARE HAVING FUN**. (and we are right?)

MATERIAL

Fitness trackers (should be assigned already individually), bubble wrap (for bubble popping game), and any other material you may need for games. Reminder, you should be wearing your Movable fitness tracker.

TALKING POINTS

As you walk into the room with **HIGH ENERGY**, remember to put on a **BIG SMILE**. Your kids need to believe that you want to be there. You must appear that you are excited to see them. This should be natural to you. If it isn't, then I'm sorry, this is not the role for you.

Ok, you're in the classroom, dozens of little eye balls are staring back at you. What now? Simple – play a game. Your kids love playing games and this is the easiest way to engage with them, build trust, and have fun with them.

Don't bother talking about Fly Movement, fitness trackers, or anything else. Go immediately into playing the bubble wrap game or charades game by asking for six volunteers.

(see how the games are played at FlyMovement.org). **Game ~ 5-7 minutes.**

After the game. Now that you and the kids have had some fun and they are beginning to like you, here are some talking points:



Introduce you and the team – keep it simple. You can share one of your favorite hobbies i.e. “I like playing soccer and cheering for the Rockets.” **TIME ~ 1-2 MINUTES.**



Ask – “what are some of your favorite ways to move?” Call on 3-4 students, but don't spend more than 1-2 minutes on this section. **TIME ~ 1-2 MINUTES.**



Ask – “Does anyone know what a fitness tracker does?” (while showing your tracker). Repeat the good answers. Explain what the trackers do. **TIME ~ 1-2 MINUTES.**



Inform the kids they will have an opportunity to wear a fitness tracker. Let them know that they can wear the trackers at school, at home, and wear them every day. **TIME ~ 1 MINUTE**



Distribute the trackers – FIRST give the teacher his/her tracker. Then call each kid individually, smile, help them put the tracker on. **TIME ~ 3-5 MINUTES.**



Picture time – after all the kids have their trackers, an intern or another volunteer should take good photos & video for our newsletter and social channels. **TIME ~ 3-5 MINUTES.**



After all the kids receive their trackers, ask them what they can do to generate moves. Provide suggestions. **TIME ~ 1-2 MINUTES.**



Retrieve the parent consent forms from the Teacher. **THIS IS VERY IMPORTANT.** **TIME ~ 1 MINUTE**

Tell the kids you will be back in 2 weeks to let them know how they're doing. And **BEFORE YOU LEAVE**, you ask them, or rather, challenge them to generate more moves than their teacher! It may go like this – “Ok kids, we’re going to leave now, but we’re going to come back in 2 weeks. In the meantime, who here thinks they can generate more moves than their teachers? Yea, ok then! I challenge you to move more than your teachers!”

If the kids are hollering, jumping, and excited as you walk out the door, then you had a great awesome Fly Movement program launch!

TOTAL TIME ~ 20-27 MINUTES.



FLY MOVEMENT PROGRAM



2ND VISIT

PROGRAM VISIT DAY

2ND VISIT (DAY 15)



GOAL: Teach kids about goal setting and introduce the Fly Movement challenge

We all know the magic of goal setting. As adults, we know that a goal without a plan is just a dream. But if we develop an action plan for our goal, track our progress, and set a deadline, then our chances of achieving a goal increase dramatically. For the Fly Movement program, in addition to motivating kids to be more active, our other mission is to get the idea across that goal-setting can help you to accomplish your dreams. So now that the kids know us, and they are more receptive to listening (afterall, we gave them a cool fitness tracker during our first visit), the goal of our 2nd visit is to help foster a can-do attitude by learning how to set goals one small step at a time.

HERE IS HOW YOU CAN TALK ABOUT GOAL-SETTING DURING YOUR 2ND VISIT WITH THE KIDDOS:

ATTITUDE

Remember, your kids participating in the program will gauge how enthusiastic you are about being there with them **THE MOMENT YOU WALK THROUGH THE DOOR.** So before you step in their classroom, be motivated! Feel inspired! Raise your temperature. How the kids react and engage in the program is directly tied to your attitude. So get energized!

MATERIAL

The kids' fitness activity/data from the first two weeks or until the trackers were synced provided by a Fly Movement data analysis volunteer(you should know how many moves they are averaging per day per classroom as well as how many moves their teachers are doing). Also, you will need print outs of the fitness charade game (along with your smartphone or stop watch) and any other material you may need for other games. Reminder, you should be wearing your Movable fitness tracker and t-shirt.

TALKING POINTS

As you walk into the room with **HIGH ENERGY**, remember to put on a **BIG SMILE**. Your kids need to believe that you want to be there. You must appear that you are excited to see them.

Ok, as you walk in, this is already familiar to you and you are already familiar to them. You can start off by asking how they are doing, how many moves they are generating, are they wearing their fitness trackers, etc. As you walk to the front of the classroom, just start chatting with them, but don't talk to them about a game or the Fly Movement challenge yet. **Time ~ 1 minute.**

Ok, now that you have their attention and you are in front of the classroom, here are some talking points about introducing goal-setting before we jump into the game:



Talk about YOUR goals first. Kids model what they see. When your students hear you talking about your goals and celebrating your successes, they will want to talk about their goals. Earlier this year I wanted to take a vacation and go to New York City. So, to achieve my goal I decided I decided to save \$1,000 so I could pay for my airplane tickets and hotel. (At this point some of the kids might start gasping and repeating One-Thousand-Dollars!) So for five months, I started doing extra work at my job and began saving an extra \$200 every month to pay for my trip. And at the end of five months, I celebrated by going on a nice vacation to New York City where I saw the statue of Liberty and Times Square!" **TIME ~ 1-2 MINUTES.**











Now you ask the kids what their goals are. Ask them, "Do you have any goals? For example, do you want to save \$20 so you can buy a video game? Or do you want to learn how to play a sport? Or what do you want to be when you grow up?" If no one is talking, call on a few students specifically. And then, as they are telling you their goals, ask them, "Do you have a plan on how to achieve your goal? If you want to achieve your goal, you have to develop a plan and stick with it. A goal without a plan is just a wish. Putting a plan into action is what's going to allow you to achieve your goal. So if for example you want to save \$20, your plan might be to ask your parents what you can do around the house to earn money. If you want to read 5 books this summer, your plan might be to read every day for 30 minutes. If you want to go to college and be a Doctor, your plan will be to study hard so you can make good grades." **TIME ~ 2-3 MINUTES.**

(Video of talking about goal-setting - <http://flymovement.org/kids-fitness-volunteers>)

INTRODUCE THE GAME

Now that you got the idea across about goal-setting and hopefully some of the students have talked about their goals and you discussed the steps he/she needs to achieve his/her goal, you can introduce the game you'd like to play. You can choose a game like a duckwalk challenge. Meagan, one of our amazing board members, likes to have the kids play the charades game.

Here's how the game is played:

-  1. The classroom is split down the middle
-  2. 3 volunteers are selected from each side
-  3. One side plays first
-  4. We show the 3 volunteers an image of something they are familiar with (usually something that requires movement like brushing one's teeth, shooting a basketball, hula hooping, etc)
-  5. The 3 volunteers then act out the action to their side of the classroom (begin stopwatch)
-  6. Once their side of the classroom guesses the action they move onto the next action (5-6 actions total)
-  7. Once all the actions have been completed, keep track of the total time it took for the team to finish all the actions
-  8. Repeat with the opposing team, the team that took the least amount of time to complete all actions wins

TOTAL TIME ~ 5-6 MINUTES.

(Video of Charades game - <http://flymovement.org/videos>)

INTRODUCE THE FLY MOVEMENT CHALLENGE

Okay, so now that the kids have an idea of what goal-setting is and have played a game, you can start preparing to exit by heading toward the door. But as you begin to leave, you can say something like, “Oh kids I forgot, do you think you moved more than your teacher? Who wants to know if you scored more moves than your teacher?”

(Be loud, arouse anticipation and enthusiasm)

“Well..... you guys DID average more moves than your teacher! Congratulations! You average x-number of moves per day while Ms./Mr. averaged x-number. Way to go!”

(At this point they should be high-fiving each other and jumping up and down. Continue to say things like ‘Good Job’, ‘Way to Go!’)

Then, as you are about to exit the door, tell them about the Fly challenge which can go something like this – “Kids, I have another challenge for you. In fact, it’s a goal. Your goal is to score more moves than Ms. _____ 3rd grade classroom across the hall! Can you do it?! Can you move more than them and score more moves?”

(If they are not enthusiastic or not motivated, it’s **YOUR JOB** to instill belief in them **RIGHT NOW**).

“Who’s gonna win between the (name of classroom) and Ms. _____ class?!”

(get them pumped up)

After a few seconds.... Ask them how they are going to achieve their goal – “Okay, I think you can beat them. But how are you going to do it? How are you going to achieve your goals? What are you going to do everyday so that you can win?”

(encourage them to give ideas and repeat any good ones)

Some ideas include:



**WEAR FITNESS
TRACKERS EVERYDAY**



**GO TO THE
PARK**



**PLAY SOCCER,
HULA HOOP, OR TAG**



PLAY OUTSIDE

After some ideas have been shared, now is the time you exit for the door and let them know you will be back in two weeks to let them know how they are doing. If the kids are hollering, jumping, and excited as you walk out the door, then you had a great Fly Movement 2nd visit!

TOTAL TIME ~ 20-27 MINUTES

FLY MOVEMENT PROGRAM



LAST VISIT

LAST PROGRAM VISIT DAY

3RD VISIT (DAY 43)



GOAL: Inform kids who won, leave a positive lasting impression

It's the final visit with the kiddos – hollerrrr! If you and the kids had a blast during the other visits, then you'd understand JUST how exciting this visit can be. This is a wonderful experience in a 3rd or 4th graders life. Hopefully, you've read already how important your attitude needs to be when you show up. If you haven't, I recommend you watch the fight scene in Rocky so you can get your adrenaline pumping. Okay, something to remember for your last visit, there aren't any rules for doing this (okay, well, just a few). The goal this visit is for the kids to learn about the great job they did in increasing their moves during the challenge (compared to the benchmark) and also learn which classroom prevailed in generating more average moves per day per kid. We're also reminding kids how fun and important it is to set goals. That's all.

STARTING OUT

Get your camera out so you can memorialize the occasion as your last visit should be a fun visit. Coordinate a date and a time when both classrooms participating in Fly Movement can join together to play a game outside. Before or after lunch is a good time to get both classrooms together, but again, it sooo doesn't matter. Do it whenever both teachers are available to have their kids come together for about 20-30 minutes. If they are unable to, then don't force it. I suggest you scrub the mission of leading a game involving both classrooms and instead visit one classroom at a time. The last thing you want is for this visit to turn into a stress-inducing endeavor.

It goes like this:



You visit each classroom and lead the kids to the playground while the other Fly Movement volunteer does the same thing for the other classroom



The kids play a game against each other



You congratulate both teams for participating and give hi-fives to the winning team



You arouse suspense by asking the kids which classrom they believe won the Fly Movement challenge by averaging more fitness moves



You tell the kids which classroom won



You award both classrooms with fun prizes that the kids can use like basketballs, frisbees, jump ropes, soccer balls, footballs, and hula hoops



You take pictures with the kids and enjoy your last visit with them :)

THE GAME(S) BETWEEN BOTH CLASSROOMS

As a general rule of thumb, games involving both classrooms should do exactly that – involve all the kids from each classroom. So games like a duckwalk race, bubble wrap popping, or fitness charades should not be chosen for the last visit. Instead, consider a game like Tic-Tac-Toe Relay where the first classroom to win 3 out of 5 games wins. This type of game allows all the kids to participate so no one feels left out. As a general rule of thumb, play a warm-up game first so the kids can learn how the game is played.

ADMINISTERING PRIZES

If you choose to expose the prizes with you at the beginning of the visit, you will simply lose the kids' attention as they will just be focusing their attention on the cool stuff they think they are going to receive. So, not to sound smug, keep the prizes boxed up or out of sight until it's time to distribute them. Again, just for simplicity's sake, don't let their eyeballs see the prizes until the end of the visit and don't tell the kids who won the challenge until the end as well. In the words of the Waterboy, "You can do eeeet!"



THAT, my friends, is how you launch an innovative kids health program. If you can follow these steps consistently, your kids, teachers, and parents will repay you by inviting you to repeat the program for another classroom next year with the new batch of kids. I may have mentioned this already, but the #1 monkey-wrench that will be thrown into your program (outside of having a teacher who is not engaged), is not having the kids' trackers synced and charged on a weekly basis. Peace!

TOTAL TIME ~ 25-35 MINUTES.

GOOD LUCK ON YOUR FLY MOVEMENT LAUNCH!





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SANDRA SALAZAR
BROOKLINE ELEMENTARY TEACHER

Fly Movement came to Brookline at a perfect time! As the STARR exam approached, I needed students to be able to work and stay focused for longer periods of time. Once they received their trackers, they were more alert and attentive. We loved wearing our trackers and trying to exceed the prior day's moves. Fly Movement made us more aware of our daily physical activity and motivated us to be more physically active.

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ERICK HUERTA
KIPP DREAM PREP TEACHER

Since joining the Fly Movement program, my classroom has been more eager to go outside and do more physical activities. Even I have become more active in physical exercises due to the program. I am also discovering that it is bringing my students' families closer. I have parents joining their children on bike rides, jogs, and other physical activities.

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OUR PARTNERS



GARDEN OAKS / OAK FOREST YOUTH

