

MILEAGE CLUB

What is it?

The mileage club is a fitness program that assists students in the development of positive fitness habits beyond the physical education class.

How does it work?

Students earn rewards (sneakers) for preparedness and participation in physical education class, participation in after school physical activity programs, mileage performance during recess and improved Project Fit America fitness scores.

Reward System

- All students start with one chain and one large sneaker
- Prepared with sneakers for each class = 1 small sneaker per marking period
- Participate in an after school physical activity = 1 small sneaker per program
- Demonstrate improved fitness scores during the post-test phase of Project Fit America = 1 small sneaker per improved post-test
- Perform 10 miles (grades 1-3) = 1 small sneaker
- Perform 20 miles (grades 4-6) = 1 small sneaker
- Perform 25 miles (all grades) = 3 small sneakers
- Trade 5 small sneakers in for 1 large sneaker

Monitoring and Recording Recess Mileage Performance

Recess aides will monitor and record grades 1-4 during recess twice a week. Select 5th and 6th grade students to monitor and record grades 5 and 6 during recess twice a week.

Benefits of Mileage Club

- Reduces playground hassles
- Increases students' physical fitness levels
- Provides goal setting opportunities
- Promotes responsibility in the area of preparation on part of the student (remembering to wear sneakers to gym class)
- Promotes participation in fitness activities beyond the school day
- Compliments goals of Project Fit America