

THE COACHES CHALLENGE



WASHOE COUNTY
HEALTH DISTRICT
ENHANCING QUALITY OF LIFE

The Coaches Challenge is a voluntary program for elementary school classrooms and middle school PE classes that promotes increased opportunities for physical activity and educates students about healthy eating. Many elementary schools no longer offer physical education or have set standard nutritional goals. Wellness programs, such as the Coaches Challenge help fill those gaps through evidenced based curriculum. Teachers are provided step-by-step guidance for program implementation, detailed lesson plans, technical assistance, & resources. Through this shared model, educators and Public Health professionals take a strategic approach to provide direct education and guide effective policy, systems, and environmental efforts for physical activity and nutrition to help students gain the knowledge and skills to establish healthy habits.

Achieving Physical Activity and Nutrition Education for all Students

After another successful year of implementation, the program is seeing an expansion of schools in Washoe County participate. With a large focus on Title I schools, an area where physical education and nutrition resources are limited, the program has expanded reach to include Middle School PE Classes. There is an added value in different grade levels participating, because adopting physical education and nutrition standards is a benefit for all students. Since the program's inception, 249 classrooms have participated reaching a total of 5,671 students.

SPOTLIGHT: COACHES CHALLENGE CHAMPIONS

Many schools in Washoe County do not have a school wellness coordinator to oversee the district's wellness policy or coordinate physical education and nutrition initiatives. Teachers who participate in the Coaches Challenge become the student's wellness champion. Teachers are the driving force of the program, taking a proactive approach to bring the program to their classrooms and advocate for opportunities to increase physical activity and promote healthy eating behaviors for their students.

TEACHER TESTIMONIALS

WHY DID YOU PARTICIPATE?

"The first year I participated was to help introduce a designated, consistent physical education (PE)-movement time to my pre-K students. The 2nd year I did it for both PE/movement and the CE unit."

"I chose to participate in the Coaches Challenge because I believe that a quality physical education program should include elements of health and wellness, such as eating more fruits and vegetables, drinking more water, limiting screen time, and being a positive role model for my students."



PROGRAM EXPERIENCE

"The Coaches Challenge is just an all-around great program. I wish that the state and school district would require physical education and adopt nutrition standards in elementary school, like they do music and computers. Waiting until 7th grade to require physical education is too late. Younger children require more movement throughout the day to stay focused on their school work. Adopting physical education standards for K – 6 grade should be mandatory."



"I absolutely love this program. I recommend this for all ages/grades. I would list it as Pre-K-middle school. As a general-ed pre-K we had to make very minimal modifications to a few lessons and some we didn't have to modify at all. I do wish it was a designated curriculum for all of Nevada."

CONTINUING THE CHALLENGE

"I will do a health and wellness unit each winter with my students. It's important that they understand how food, water, exercise, sleep, and screentime play a significant roll in their lives as they continue to grow and mature."

"We still have our CC binder and use the curriculum as part of daily movement and water break challenge. After fall break we will chart our daily fruit and vegetable intake from breakfast and lunch and track our water intake. We found quickly, as with most things when kids have a say, they have buy-in. Even at ages 4/5. It's all about how we present the information to them."

