

HUSKY MOVE

REPORT

2015-2016



GET ACTIVE!

CHANGE THE GAME!



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HUSKY MOVE REPORT



2015-2016 ANNUAL REPORT

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*Get Active!
Change the Game!*

Program Overview

Husky Move engages students in grades 5-8 during school time hours in scheduled brain break physical activities. Using the Kinesiology department's experience developing injury preventive training programs for youth sports and Husky Sport's background in classroom programming and engagement, 20-minute Husky Move lessons are developed. Hartford students and teachers engage in fun small group physical activities that teach, model and emphasize four core injury prevention tools.

SCOPE

Husky Move programmed on Mondays, Wednesdays and Fridays; each week focusing on one of four themes: Balance, Strength, Agility or Plyometrics.

Mondays focused on relay races to introduce the theme.

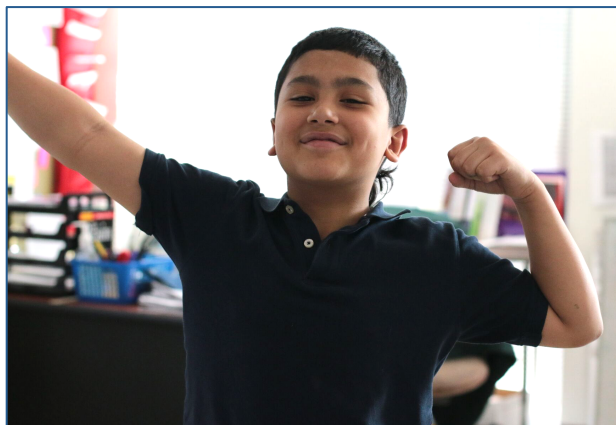
Wednesdays used stations to reinforce the theme.

Fridays used student-selected games that infused the theme.

THEMES



BALANCE



STRENGTH



AGILITY



PLYOMETRICS

PARTNERSHIPS

The Husky Move initiative is the brainchild of several organizations, each striving to improve the health and wellness of children.

2-4-1 Sports and **Growing Great Schools** created the Brainergizers™ that served as 2-minute warm-ups at the start of each lesson plan.

The teachers of each of the 5th – 8th grade classrooms of **Clark School** were key partners; Teachers engaged in day-to-day lessons in addition to assisting with the facilitation of performance testing at the beginning and end of the school year.

Weekly lesson plans were developed by combining the **Human Performance Lab's** knowledge of motor control training with Husky Sport's classroom management expertise. Lessons were implemented by Husky Move and Husky Sport personnel.



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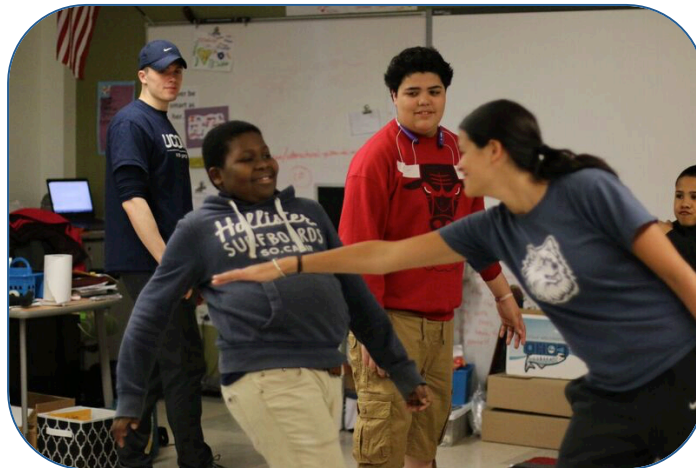
VOLUNTEER ENGAGEMENT

Husky Move was fortunate to have the support of University students with diverse backgrounds to aid in program design and implementation. Key groups included:

- Husky Sport staff and students
- Strength and Conditioning students
- Senior-level undergraduates completing honors research



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"I feel so lucky to have been able to be a part of Husky Move in the fall semester. The program was so well organized and it was evident that so much thought and work went into the planning of every day of every week. And the kids faces lighting up when they were able to accomplish that days "challenge", was awesome and priceless! Also- I forever love Whip/Nae Nae workout version." – Student Volunteer



DATA

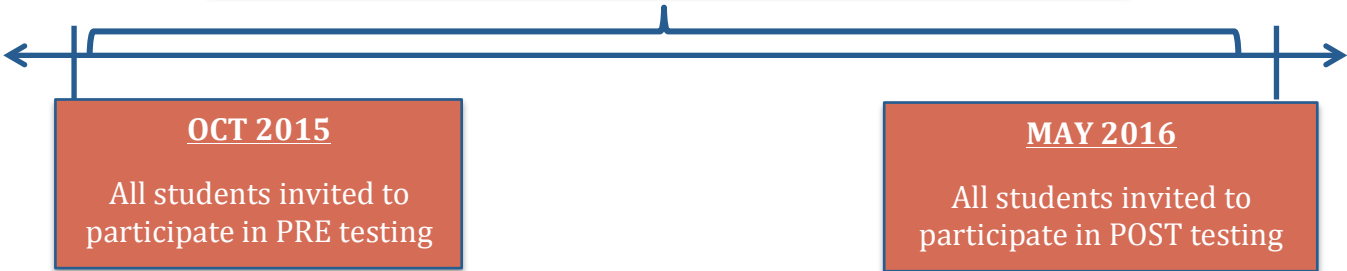
The goal of Husky Move is to encourage motor development and physical activity through engagement in the classroom setting. There were two main components to the Husky Move:

- 1. 2-4-1 Warm-Up Brainergizers™
- 2. 20-minute lesson plans centered around Balance, Strength, Agility, or Plyometrics

All teachers were given access to the 2-4-1 Brainergizers™, which could be used as 2-minute activity breaks at any point in the academic day. Half of the 5th – 8th grade classrooms were randomly selected as Intervention classes who received 20-minute

2015-2016 SCHOOL YEAR

Half of the 5th – 8th grade classrooms participated in 20-minute lesson plans 3 times per week.



TESTING PROCEDURES

50-foot timed shuttle run, standing long jump, sit ups, balance assessment, jump-landing movement assessment, height and weight, and a physical activity questionnaire.



EARLY FINDINGS

Early evaluation of sit up testing and the jump-landing movement assessment (an indicator of motor control) shows that students who were in the Intervention classes completed more sit-ups and had higher standing long-jump scores than students in Control classrooms at POST.

TESTIMONIALS



"I grew up loving sports and genuinely enjoyed gym and any time that I could be competitive. Through Husky Move, I saw kids where movement and athleticism came naturally, but more importantly I saw kids who are hesitant to initially exercise because they aren't confident in their abilities. Working with kids who are more reserved was really rewarding because you can see when they finally understand a drill and start to engage more freely with different games."

- Husky Move Program Leader



"I am happy I was able to participate in the program because I was able to build relationships and see students work through different challenges and competitions."

- AmeriCorps Public Ally



"The ideals that you have presented related to physical activity surrounding Husky Sport is truly genuine and beneficial. I believe this program has a bright future and with your great ideas as a unit behind them, the possibilities are endless."

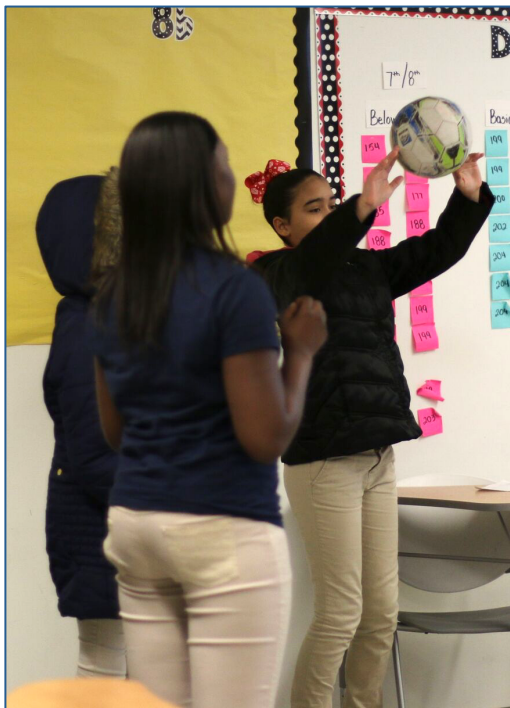
- Husky Sport Staff

"We see the impact that your work has on the students. Thank you for your hard work and dedication."

- Husky Sport Program Leader

KEY TAKEAWAYS

The purpose of the research component of Husky Move was to see if the 20-minute lesson plans improved students' motor control and physical performance more than the students in classrooms who only received access to the 2-minute 2-4-1 Brainergizers™.



OBSERVATIONS

- Student buy-in and participation during activities in Intervention classrooms improved throughout the school year.
- Teacher interaction and participation within lesson plans resulted in improved student engagement during activities.
- Barriers to participation in activities included: students perceiving exercises to be too difficult, activities that involved exercising while sitting or laying on the floor, and if students perceived that they were not required to participate.
- In order to facilitate widespread application, lesson plans were designed so that no equipment, or minimal equipment, was required to implement the exercises.

LOOKING AHEAD

Engaging in physical activity within a classroom provides unique obstacles to traditional play, such as space constraints and equipment limitations. This past year has been a tremendous learning experience on developing implementation strategies for succeeding in this environment.

Going into the 2016-2017 school year, we are looking to:

- Evolve and diversify lesson plans to include different exercises and to introduce students to new sports.
- Improve lesson-plan implementation and develop strategic contingency plans when activities become unrealistic for the classroom setting.
- Following-up with lessons by encouraging active behavior and empowering students to be active at home.
- Improving communication with teachers regarding their perceptions of the lesson plans, as teacher understanding and buy-in impacts student engagement and participation.

