

HUSKY MOVE REPORT 2016-2017



GET ACTIVE!

CHANGE THE GAME!



Husky Sport
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HUSKY MOVE REPORT



2016-2017 ANNUAL REPORT

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*Get Active!
Change the Game!*

Program Overview

Husky Move engages students in grades 5 and 6 in scheduled brain break physical activities during school hours. Brain breaks increase the time and opportunities for students to be physically active throughout the day. Husky Move runs 30-minute lessons that lead students and teachers in fun small group physical activities that teach and model injury prevention skills and emphasize sport sampling.

DIRECT ENGAGEMENT

Husky Move ran every Monday, Wednesday, and Friday in four different 5th and 6th grade classrooms. Consistently led by three Husky Sport program leaders, individual lessons lasted 30 minutes. Student volunteers from UConn’s Sport Based Youth Development (SBYD) course attended once per week.

Every week, program leaders introduced a specific sport or physical activity theme, and each day focused on one of four injury prevention skills: balance, strength, agility, or plyometrics.

Sample Overview

Schedule Overview	Time
Welcome <ul style="list-style-type: none"> • Call students to attention using “UConn” “Huskies” 	As needed
Introduction/Do Now Activity: <ul style="list-style-type: none"> • Dynamic Warm-up (varies by day) 	3 minutes
Monday <ul style="list-style-type: none"> • Themes: Agility & Track & Field • Activity 1: Relay Races 	25 minutes
Wednesday <ul style="list-style-type: none"> • Themes: Plyometrics & Track & Field • Activity 1: Long Jump • Activity 2: High Jump (modified) 	25 minutes
Friday <ul style="list-style-type: none"> • Themes: Agility, Plyometrics & Track & Field • Activity 1: Junior Olympics 	25 minutes
Review and Core Values before dismissal <ul style="list-style-type: none"> • Review how the activity went for the day. • Share who received Golden Tickets 	2 minutes

PARTNERSHIPS



The teachers of each of the 5th and 6th grade classrooms of Wish School were key partners. Teachers engaged in day-to-day lessons, which helped show students how much the teachers value and support physical activity.

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VOLUNTEER ENGAGEMENT

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

- Husky Sport staff
- SBYD students
- Kinesiology students
- Allied Health undergraduates



Throughout the year, volunteers played an integral role in the implementation of our programming. Their enthusiasm during activities spread throughout the classroom and even motivated students to fully participate. The consistent presence of volunteers also enabled the development of relationships between the SBYD students and the students at Wish.

DATA

Husky Move worked with over 80 students this year. With consistent visits - three times per week, Wish School students received about 2,100 hours of Husky Move.



What Is Husky Move?

Husky Move, originating from the research efforts of the UConn Kinesiology Department, is the intersection of 3 existing efforts to promote physical activity in youth: UCONN Human Performance Lab: Sport Optimization and Rehabilitation (HPL: SOAR) Division, 2-4-1 Sports and UConn Husky Sport. Connecting the different efforts of each of these programs, Husky Move as a sector of the UConn Husky Sport program, uses four core foci of HPL:SOAR (agility, plyometrics, balance, and strength) to provide brain breaks/brainergizers (2-4-1 Sports) to Hartford North End youth. Heading into fifth and sixth grade classrooms 3 days a week, Husky Move program leaders offer 30-minute scheduled brain breaks where students learn critical injury prevention movements connected to the themes, as they relate to varying sport. The aim of integrating the four themes is to develop holistic strategies and skills for the participants as they are engaged in physical activity.

Learn more at
HuskySport.uconn.edu

    Follow UConn Husky Sport

Students were exposed to many different sports, including: soccer, football, jump rope, softball/baseball, basketball, salsa/ bachata dance, karate, yoga, volleyball, and a variety of warm-up exercises.

KEY TAKEAWAYS



Husky Move provided students additional opportunities to get up and be physically active during the school day.

Engaging in physical activity within a classroom provides unique obstacles to traditional play, such as space constraints and equipment limitations. Over the past year, Husky Move has continued to evolve and expand efforts and implementation strategies.

OBSERVATIONS

1. Student input helped to shape lesson plans and sport/physical activity choices during the second half of the year.
2. Teacher interaction and participation improved student engagement and investment in lesson plans.
3. All lesson plans took place in a classroom environment and required minimal equipment.

LOOKING AHEAD



Going into 2017-2018, Husky Move is looking to:

- Add more opportunities to incorporate student voices and ideas for sports, themes and activities.
- Follow up with lessons by encouraging active behavior and empowering students to be active at home.
- Encourage consistent participation from teachers within lessons.
- Continue to expand and diversify the sports and physical activities our students participate in.
- Add more tools and opportunities to evaluate the effectiveness of Husky Move.