

# UConn

**HUSKY SPORT**

## **HUSKY GROWTH PROGRAM REPORT**

2017 - 2018

Get Active! Change the Game!

### **UConn**

**NEAG SCHOOL OF EDUCATION**

# HUSKY GROWTH PROGRAM REPORT

2017 - 2018 Annual Report

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## Program Overview

Husky Growth partners with Fred D. Wish School teachers and Husky Sport Program Leaders to deliver engaging and quality programming on a weekly basis to Wish's 3rd and 4th grade students. Aligned with the Wish School "High Five Rules," the curriculum uses Husky Sport's four pillars of physical education, life skill development, academic enrichment and nutritional education as a foundation for all lessons, ensuring continuity across classrooms. With food tastings each cycle, Wish students are introduced to a variety of foods across the MyPlate, encouraging healthy creativity and curiosity with each theme. Regular professional development meetings make sure Program Leaders continue to cultivate their classroom skills while providing a network of fellow educators for support and collaboration.

# Program Scope

*Husky Growth lessons incorporate **4 key themes** in each of classroom visits, these themes align with Husky Sport's 4 pillars:*

- Physical Activity
- Nutrition Education
- Applicable Life Skills
- Academic Enrichment

**5** Third & Fourth grade classes involved in Husky Growth

**4** Program Leaders leading the development and delivery of lesson plans

**7** Healthy tastings students can share with their friends and families

**26** Weeks of active sports themed challenges



**105**

Third and Fourth grade students are receiving nutrition education through the Husky Growth program

# Curriculum & Lesson Planning

CYCLE	PHYSICAL ACTIVITY	NUTRITION	LIFE SKILL
1	Physical Literacy	My Plate 1	Relationship Building 1
2	Agility	Veggies	Be Respectful
3	Balance	Grains	Hands & Feet to Self
4	Flexibility	My Plate 2	Relationship Building 2
5	Strength	Protein	Be Responsible
6	Plyometrics	Dairy	Follow Directions
7	Hand/Eye Coordination	Fruit	Be There, Be Ready

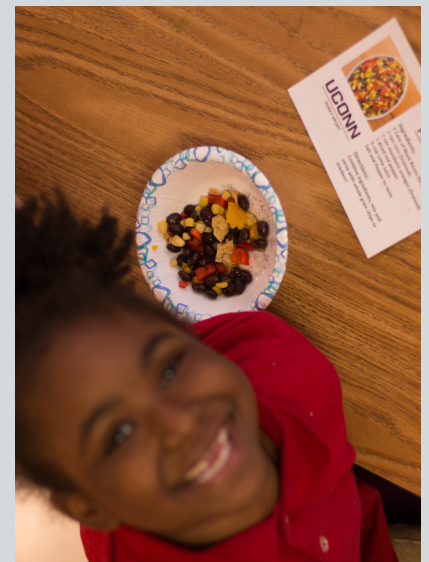
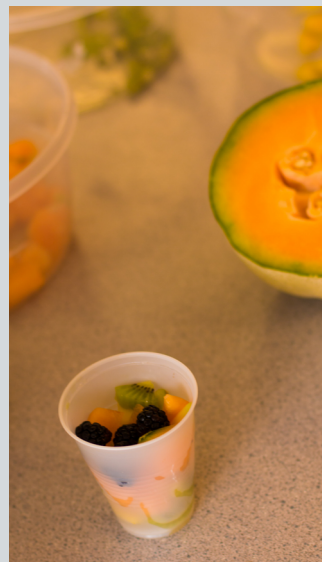
With 26 weeks of active sports-themed challenges, students are able to get a well-rounded introduction to a number of sports and physical activities. This year we switched from sport-focused physical activity themes (ex. Soccer, Track & Field, Basketball) to themes within the scope of physical literacy: agility, balance, flexibility, strength, plyometrics and hand/eye coordination. This enabled kids to gain greater exposure to a wider variety of sports and physical activities within a particular theme. Additionally, each nutrition cycle introduced a new healthy snack that students prepare on their own and are able to model at home with their families. Lastly, the life skills section of our cycles aligned with the Fred D. Wish “High Five Rules”, helping to ensure continuity across classrooms and the entire school.



# Healthy Tastings

Each cycle, Wish students are introduced to a variety of foods from across the MyPlate with related tastings, encouraging healthy creativity and curiosity with each theme. Students in Husky Growth are often tasked with independently creating a part of the full tasting within their class with program leaders, teachers and fellow students. Husky Growth serves students in grades 3 through 4, meaning our students typically have two years of our program. With this, we switch the tastings year by year to expose students to an array of different healthy foods. Tastings have included:

CYCLE	PHYSICAL ACTIVITY
MyPlate 1	Turkey Pinwheen Wraps
Vegetables	Cucumber Dill Salad
Grains	Apple Slice Pancakes
MyPlate 2	Pasta Salad
Protein	Black Bean Power Dip
Dairy	Quesadillas
Fruit	Fruit Pizza



# Looking Ahead

Going into the next year, Husky Growth will look to continue:

Exposing students to an array of different ingredients and healthy foods through varying our tasting options

Physically challenging our students through our weekly activities and PBIS incentivized raffle challenge

Evaluating our MyPlate pre and post-test questions to better understand the retention of the nutrition information we are teaching

Adjusting lessons to better incorporate themes, program pillars and the Fred D. Wish School's "High Five Rules"

Investing in student and teacher relationships to gain a better understanding of what classes enjoy and do not enjoy, what classes learned, and what classes took away from their weekly sessions with Husky Growth

