

# UConn

**HUSKY SPORT**

## **Husky Move Program Report**

2017 - 2018

Get Active! Change the Game!

**UConn**  
NEAG SCHOOL OF EDUCATION

# HUSKY MOVE PROGRAM REPORT

2017 - 2018 Annual Report

3 By the  
Numbers

4 Direct  
Engagement

5 Volunteer  
Engagement

6 Stakeholder  
Testimonials

7 Key  
Takeaways

8 Looking  
Foward



## Program Overview

Husky Move engages 5th and 6th grade students in scheduled physically active brain breaks during school hours. The visits increase the time and opportunity 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; incorporating physical literacy skills and emphasizing sport sampling. Each week highlights a different sport, detailing how agility, balance, plyometrics, & strength can improve performance with a variety of movements.

## 2017-2018 By the Numbers

### Husky Move Program Structure

- Program Cycles: **7**
- Days of Programming: **3**
- Weeks of Programming: **26**
- Number of 5th & 6th Grade Classes: **4**
- Number of Students: **84**

### Time of Engagement (Minutes)

- Program Session: **30**
- Weekly Program Time: **360**
- Total Time per Class: **2,340**
- Husky Move engaged students for a total of: **9,360 minutes!**



### Sport Sampling

Over the course of the 2017-2018 programming year, Husky Move placed an emphasis on engaging students in a wide variety of sport and physical activity. In doing so, Program Leaders developed lessons incorporating multiple games for 12 different sports!

Jump Rope

Softball

Bowling

Volleyball

CrossFit

Basketball

Football

Soccer

Karate

Kickball

Yoga

Baseball

## Direct Engagement

Husky Move programmed every Monday, Wednesday, and Friday for four different 5th and 6th grade classrooms. Each grade level classes were run simultaneously, where each class had at least two Program Leaders in the room. In addition to Husky Sport program leaders, Sport Based Youth Development (SBYD) student volunteers visited every Friday, adding an additional 3-4 adults to each classroom.

During engagements, students learned fundamental skills and exercises that could be utilized in competitive team or individual sports, as well as other essential components of physical literacy. A sample overview of a typical lesson plan is shown below:

### Daily Objective: Build Relationships

Schedule Overview	Time
Welcome <ul style="list-style-type: none"> <li>Call students to attention using “UConn” – “Huskies”</li> </ul>	As needed
Introduction/ Do Now Activity: <ul style="list-style-type: none"> <li>Dynamic Warm-up (varies by day)</li> </ul>	3 minutes
Monday <ul style="list-style-type: none"> <li>Themes: Agility, Balance &amp; Jump Rope</li> <li>Activity 1: Individual Single Rope Drills</li> <li>Activity 2: Long Jump Rope Relays</li> </ul>	25 minutes
Wednesday <ul style="list-style-type: none"> <li>Themes: Plyometrics, Strength &amp; Jump Rope</li> <li>Activity 1: Individual Single Rope Partners</li> <li>Activity 2a: Single Rope Partners</li> <li>Activity 2b: One-leg Helicopter</li> </ul>	25 minutes
Friday <ul style="list-style-type: none"> <li>Themes: Agility, Plyometrics &amp; Jump Rope</li> <li>Game: Double Dutch</li> <li>Game: Helicopter</li> </ul>	25 minutes
Review and Core Values before dismissal <ul style="list-style-type: none"> <li>Review how the activity went for the day</li> <li>Share who received Golden Tickets</li> </ul>	2 minutes

### Student Coaches

At the start of each engagement, Program Leaders introduced the primary physical literacy skills the class would be focusing on for the day. After introductions, Program Leaders selected students to volunteer as coaches and lead the class in a warm up exercise. By being warm-up coaches, students were able identify and classify exercises within the four physical literacy themes, as well as practice leadership and communication skills. After several students had the opportunity to serve as coaches for the class, Husky Move would then transition to the primary drills, games or activities specified in the weekly lesson plan.



# Volunteer Engagement

UConn student volunteers accounted for nearly all of the volunteer support with Husky Move programming. Students enrolled in the Sport Based Youth Development service learning course must complete at least 40 service hours with Husky Sport over the course of a semester. To complete the service learning component, some student staff and volunteers signed up to visit Wish School for a full Friday shift. On these days, as many as 7 additional coaches would be available to provide Husky Move participants with individual instruction on injury prevention techniques. Moreover, they provided the program with additional opportunities to recognize Wish students for their leadership, sportsmanship, and effort. With the volunteer support, Husky Move was able to foster a safe, fun, and engaging learning environment for the Wish students.



## Volunteer Relationship Building

When student volunteers entered the classroom, Program Leaders worked to provide additional opportunities for the volunteers to build relationships with the Wish Students. Strategies used to accomplish this objective include:

- Starting every class with name introductions
- Using volunteers to assist team breakouts
- Creating team names within their groups
- Encouraging small group strategy and brainstorming sessions

## Stakeholder Testimonials

“I liked how, just for having fun, you got paid [in] golden tickets. Having fun was one of the best things you could do...We won a lot of golden tickets in Husky Sport.”

**-Wish Student**



“Building personal relationships with the students provided program leaders with opportunities to receive feedback and develop lessons that were mutually beneficial.”

**- Emma Zuk, Program Leader**

“I like how every week we changed the sport. My favorite sport is basketball, and someone else’s [favorite sport] is soccer, so we both got the chance play our sports.”

**- Wish Student**



“I really enjoyed working with the kids from Wish. Seeing them grow daily and become leaders within the Husky Sport setting was a great feeling.”

**- Deshon Foxx, Program Leader**



# Key Takeaways

Over the course of the 2017-2018 school year, Husky Sport Program Leaders worked hard to deliver fun and engaging physical literacy lessons to over 80, 5th and 6th grade students at Fred D. Wish Elementary School.

## Three key takeaways emerged when reviewing the course of the year:

### Music as an Engagement Strategy

Midway through the year, Husky Move began to play music during activities, pausing the music to signal the end of the game. This change received positive reviews, and was continued in multiple classes. Playing music during lessons:

- Established classroom culture
- Streamlined transitions
- Increased student engagement
- Improved lesson implementation

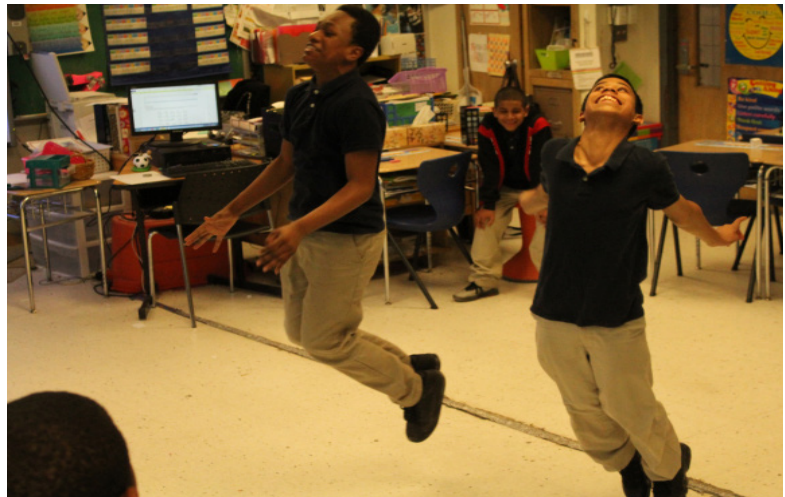
### Additional Classroom Support

When implementing a program rooted in injury prevention, using divide and engage strategies can increase program capacity to properly evaluate student movements. Having more than two adults participating in the classroom allowed for:

- Increased student repetitions
- Proper form demonstrations
- Consistent feedback on movements
- Improved Golden Ticket distributions

### Incorporating Student Feedback

During the Fall Semester, Husky Move worked to incorporate a wide range of sports, using minimal repeat activities. At the end of the Fall Semester, Program Leaders conducted focus groups to learn about our students' perceptions of each lesson. After reviewing the responses, Husky Move decided to bring successful themes into future program cycles, while still continuing to implement new modified sports in the classroom to supplement these efforts. Integrating student feedback in lessons allowed Husky Move to establish strong and consistent class engagement.



## Looking Foward to 2018-2019

Entering the 2018-2019 academic school year, our partner, Fred D. Wish Elementary is expected to enroll a high number of students from a nearby neighborhood school closure. Our program's efforts will be directly impacted, as we will have a number of students who are completely new to the program. Husky Move is looking forward to making strong connections with our incoming students and providing quality engagements centered on physical literacy!



**Husky Move will look to incorporate the following strategies to build positive relationships and establish a positive classroom culture in the upcoming year.**

- Implementing multiple relationship-focused games to start the year
- Creating a structure for returning students to share about Husky Move with others
- Using music as a strategy for lesson plan implementation
- Focusing on life skills and interpersonal skills that encourage teamwork
- Providing space for consistent student feedback