

ARKANSAS CHILD WELLNESS INTERVENTION PROJECT “CWIP”

Obesity Prevention through Quality Physical Education

2009-2010 Guidelines

PURPOSE

The Arkansas Tobacco Settlement Commission and the Arkansas Department of Education's (ADE) Office of Coordinated School Health in collaboration with Arkansas Children's Hospital has launched the “*Child Wellness Intervention Project*” (CWIP) to promote health and wellness in Arkansas's public schools.

This program has two goals.

- The first goal is to support and promote quality physical education to increase physical activity that impacts student overall health to decrease risks of chronic diseases.
- The second goal is to implement this project in each of the educational cooperatives to create model programs across the state.

These model program schools will serve as examples for other schools to follow. In order to achieve these goals, schools must develop, sustain and expand on positive changes in the school physical education environments in order to provide more time for students to spend participating in moderate to vigorous physical activity (MVPA) and promote a lifetime of change. The goal of this grant opportunity is to provide curriculum, training and resources based on the AR Standards for Physical Education to be taught by physical education teachers.

GRANT AWARD:

In addition to a one-day PE4life training, each school team was awarded funds to be used for the following:

- SPARKS curriculum and required equipment
- Locking storage cabinet for all equipment
- Fitnessgram software for grades 3-6 and middle schools
- HealthTeacher.com curriculum
- Teacher trainings on SPARKS, Fitnessgram, and HealthTeacher.com
- Travel expenses to attend the required trainings
- \$250.00 stipend for up to 2 teachers per school that attended the trainings