

APOLLO ELEMENTARY PTA FITNESS PROGRAM HIGHLIGHTS



The Coca-Cola Health and Well-Being Grant has helped kick-start a wave of exciting fitness activities at Apollo Elementary.



YMCA Fun Fit Recess

Zombie Tag, Yoga Ball Volleyball, New Zealand Rugby?? Yes, please! Our own professional YMCA fitness coach visits once a week, boom box in hand, to inspire movement on the playground. Ten weeks of fun games and activities have engaged the students in physical conditioning such as aerobic fitness, muscular strength, and flexibility. These free-choice, inclusive, activities draw quite a crowd and promote teamwork & sportsmanship.

Dance Party Recess

Remember rocking out to 80s music? Just before Apollo's Spring Dance in May, a YMCA dance instructor will stop in for 5 recess sessions to teach us some moves. She will make sure the kids know how to look (almost) as cool on the dance floor as their parents.



Run N Walk Club

This year-long program of tracking laps and rewarding participation will be revved up during an exciting lead-up to our annual Fun Run Fundraiser.



Rocket Charms Recognition

Colorful charms adorn backpacks around Apollo Elementary. Students have many opportunities to earn charms by participating in each fitness program.



Nutrition Challenges

A series of table displays at recess challenges students to make smart and healthy nutrition choices each month.

Eat the Rainbow (March) – A gorgeous display of fresh fruits and vegetables showed students how easy it is to make healthy food choices.

Rethink Your Drink (April) – A display of sugar cubes next to popular drinks will help students understand how much sugar is really in that juice or energy drink. Kids will sign a pledge to bring water in a reusable bottle on Earth Day.

Sugar Detective (May) – What's in that snack bag? Many of those "healthy" packaged foods aren't as healthy as they may seem! Students will use their math skills to read package labels and to find healthier alternatives.

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