



Practice #3: Offer Exciting, Engaging and Meaningful Learning Experiences and Environments

Step-by-step to success...

- 1 Get students active, excited and engaged
- 2 Make sure learning experiences are meaningful
- 3 Reinforce and expand on classroom learning
- 4 Link activities with outcomes

“The biggest change we’ve seen in the last few years is that every child is totally engaged and really excited about learning. This only happened when we made sure the experiences we offer are meaningful to them and not just important to us.”

-Lorie Werner, Director, Club Y.E.S.

INDICATORS FOR PRACTICE #3:

INDICATORS	
<i>Staff Knowledge, Attitudes and Skills</i>	
1	Our staff offers health-enhancing activities in nutrition education and physical activity that are exciting and engaging to students.
2	Our staff offers activities and projects that are appropriate for students' ages and developmental levels.
3	Our staff is knowledgeable about and uses research-based, behavior-focused nutrition education and approaches.
4	Our staff is knowledgeable about and uses research-based, behavior-focused physical activities and approaches.
5	The curricula our staff use and approaches they take are exciting and meaningful to students and incorporate their interests, choices and preferences.
6	Our staff is aware of cultural differences, preferences and styles of students in our program.
7	Our staff offers activities that are culturally relevant and reflect the different interests of children in our program.
<i>Student Knowledge, Attitudes and Skills</i>	
8	Students actively participate in ways that strengthen their physical, cognitive and social skills.
9	Students are continually exposed to new ideas and experiences that motivate them to adopt healthy lifestyles and acquire life-long skills.
10	Students are moderately to vigorously active for at least 45 minutes every day in our program.
11	Students have a variety of opportunities to practice making healthy food choices.
<i>Partnerships with Schools, Parents and Community-Based Organizations</i>	
12	Our nutrition approaches are aligned with the Health Framework, the eight components of coordinated school health, the Health Education Content Standards and the Nutrition Competencies.
13	Our physical activity approaches are aligned with the Physical Education Framework, the After School Physical Activity Guidelines, the eight components of coordinated school health, and the Physical Education Model Content Standards.
15	We engage community partners in developing and implementing nutrition and physical activity in our program.
<i>Evaluation and Assessments</i>	
16	We consistently link activities and projects with specific desired outcomes in nutrition.
17	We consistently link activities and projects with specific desired outcomes in physical activity.
18	We have tools in place to measure and manage progress toward achieving our program's goals and individual student goals.
19	We regularly assess changes in the attitudes and behavior of staff and students as they relate to nutrition.
20	We regularly assess changes in the attitudes and behavior of staff and students as they relate to physical activity.

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