

OAK GLEN MIDDLE SCHOOL LOCAL WELLNESS ACTIVITY REPORT 2015-2016

- Vocabulary Enrichment – 7th Grade – Students were active in a vocabulary enrichment activity where they acted out words to incorporate 15 minutes of activity into the day's lesson.
- PEIA Walking Program – Faculty and Staff – PEIA Wellness Program participants received a pedometer and tracking form to monitor daily steps.
- 7th Grade Math Students – About ½ way through the class, the teacher plays a song so the students can get up and move around. Once the song is over, they have to return to their desk.
- Go Noodle – Guided Dancing – 6th Grade students took a break during their writing block to complete a go noodle dance.
- Sensory Walk – 5th and 6th Grades – Walk through the hallway and complete exercises at 12 different stations.
- “A Walk Through WV History” – 8th Grade – Walking and counting steps, then convert the miles. Chart-graph progress – students research local historical landmarks, create brochures, etc.
- Bell Ringer Warm Up Dance – 7th Grade – During Bell Ringer every day – Merengue/Salsa/ etc. music was played and students were encouraged to get up and dance for about 7 to 10 minutes.
- Stretches Through Schools – 7th Grade – Students needed a brain break so teacher had them to walk to stretching stations on the first floor and return to class after movement.