

**ELIZABETH LEE BLACK SCHOOL**  
**STUDENT FITNESS AND WELLNESS**

**2017-2018**

The Elizabeth Lee Black School is committed to providing an environment which promotes overall student wellness. To that end ELBS offers a variety of activities and programs to support the physical, nutritional and emotional wellness of our students. These activities are designed and implemented by multidisciplinary team working to provide wellness opportunities integrated throughout the school day for all students.

Physical Fitness and Wellness

**Physical Education :**

The Physical Education program offers the students a chance to participate in adapted physical activities aligned with the Pennsylvania State Standard. These activities includes but are not limited to modified sports skills, cooperative and movement games, fine and gross motor skills, and range of motion activities. The students all participate in 30-50 minutes of physical education class bi-weekly.

**Swimming Instruction:**

The adaptive aquatics program offers students the opportunity to participate in weekly swimming instruction which promotes movement, increases circulation, increases range of motion in gravity-eliminated positions, as well as developing water safety and awareness and beginning swimming skills.

**Adapted Biking Program:**

The Adapted Bicycling program pairs each student with a bicycle that is adapted to accommodate their individual needs. The students then work on modified bicycling skills depending on their current abilities or skill level. This program also offers the students an opportunity to increase range of motion and build up leg strength. During this program the students also work on not only pedaling their bicycle, but how traverse over uneven surfaces and negotiate various obstacles.

**Adapted Fitness Program:**

The Fitness program incorporates group instruction as well as individualized sessions to promote and educate the students about different physical and fitness activities to encourage a

healthy and active lifestyle. During this program the students will participate in adapted or specially designed exercises at least 1 session for 30 minutes a week.

### **Mini-Beast on the Bay:**

The Mini Beast on The Bay is a collaboration between the Physical Education, Physical Therapy, Occupational Therapy, and Speech and Language departments. This event is hosted during the month of April to raise support for Autism Awareness. The Students all participate in various obstacles spread out in the gymnasiums that are adapted to accommodate the individual needs of the students. To complete the obstacles the students must work together as wells as individually in order to earn the prize at the end and have the satisfaction of “Beating the Beast”.

### **Achilles Program:**

The Achilles run program is an international program that provides the students with an opportunity to participate in a virtual marathon. During the course of the school year the student’s laps around the gym and distance travel during their fitness and bicycling sessions will be recorded in hopes to have every student complete a total of 26.2 miles. At various stages of the program the students will receive shirts, medals, certificates, and upon completion a new pair of sneakers. Each month the student’s miles will be recorded and sent to the Achilles International located in New York City to monitor their progress throughout the program.

### **Classroom-Based Activities:**

Developmentally appropriate activities designed to provide daily opportunities to strengthen gross motor, sensory motor skill – including physical and occupational therapy, as well as moving outdoors and indoors for fitness and fun.

### Nutritional Wellness

Nutrition education is incorporated into the classroom curriculum to provide opportunities to learn about healthy food options and to prepare and taste these healthy choices. These classroom lessons are standards aligned, developmentally appropriate to the individual students in each group. Special activities provided as an addition to the school meals to provide opportunities for students to explore fresh, healthy options and unfamiliar fruits and vegetables.

Information is shared in cafeteria and through the classroom to increase understanding of healthy meal components, importance of nutrition and food choice in overall wellness.

See also calendar of Wellness Activities -