

## TAKE TIME

Presentation for  
South School  
Staff Meeting  
10/18/06

1. Intro: Name / Position
2. History of Take Time
  - a. 05-06 Pilot Schools (20)
  - b. More resources, more advocacy with the new Wellness policy
3. Why am I here today?
  - a. I need your support (Obesity Epidemic, Decreased PA in schools)
4. What is Take Time
  - a. 10-20 Minutes of Accumulated PA
  - b. What counts?
    - i. Exercise Breaks
    - ii. Integrated Lesson Plans
    - iii. Structured Recess
  - c. Tracking Calendar and Stickers
5. What do we need to do to get started?
  - a. Commitment Letter
6. Technical Support and Resources
  - a. Materials and Supplies from the Muskie School (Binder)

# TAKE TIME

Presentation for  
MacDougal School  
Staff Meeting  
2/12/2007

1. Intro: Name / Position
2. Ice Breakers:
  - a. Spell Your Name
  - b. Introduce Yourself: Name, Action, Group Repeat, Action
3. History of Take Time – How and why did it begin?

(Obesity Epidemic, Decreased PA in schools)

  - i. Mind Body Relationship
    1. 50 Nifty United States
    2. 16 Counties
    3. Other
4. What is Take Time
  - a. 10-20 Minutes of Accumulated Physical Activity
  - b. What counts
    - i. Structured Recess
    - ii. Random Exercise Breaks
      1. Fitness Strips
    - iii. Integrated PA into the Lesson (Jean Blaydes)
      1. Water Cycles Song
  - c. Tracking Very Simple Calendar and Stickers or Write it in.
5. Our Commitment
  - a. Accumulate 10-20 Minutes of Physical Activity as a School throughout the day.
6. Reporting and Year End Surveys