



# 2013-2014 Student Body Project

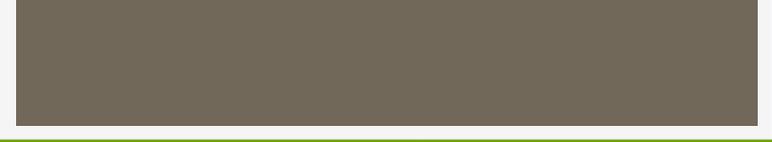
**“Get Up and Move”**

Page County High School  
FCCLA



# Needs, Goals, and Objectives

A survey of our students revealed that only 46% were physically active for at least 60 minutes per day. 33% of those surveyed watch 3 or more hours of television per day, and about 30% spend 3 or more hours per day on a computer or other electronic device. In addition, only 9th and 10th graders in our school are required to take daily physical education classes. About 30% of our student body participates in sports programs for one season. According to the Virginia Department of Health, lack of activity may result in obesity, high blood pressure and diabetes.



Our goal was to encourage teens to be more physically active by introducing them to fun and exciting ways to participate in physical activities. We want to provide alternatives to a sedentary lifestyle by inviting them to, "Get Up and Move"! We will carryout activities from September 2013- May 2014.

Our objectives included:

- providing one non-traditional physical activity per month from September to May for students to try.
- involving 200 or more students in activities.
- keeping cost of participation low or free for our students.
- using at least 2 social media outlets to promote activities.

# Activities

August 2013- Committee plans events and completes mini-grant application (10 members)

September 2013- 33 students attend the Jumpology trampoline arena activity for 2 hours of jumping fun, joined by FCCLA national President, Brian Will.

October- Line dancing instruction, attended by approximately 250 students.

November- Student hike at Big Gem Park, attended by 10 students.

December- Zip Lining Adventure at Massanutten Resort attended by 10 students.

January- Snow tubing at Massanutten Resort attended by 10 students.

February- Karate and self-defense activity attended by 276 students.

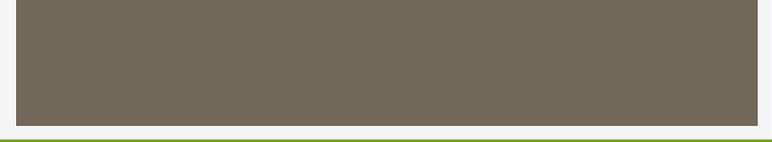
Activities for all events were promoted on Facebook, Twitter, Instagram and Pinterest from September- February.

# Get Moving!









Our students enjoyed participating in the "Get Up and Move" activities. Based on feedback, this project has been a success. One participant commented, "This was the best activity I've participated in since being in high school!" Students commented that they would participate in more physical activities if they were made available to them more frequently. Many students said they would participate in these activities on their own. Unfortunately, there were several students who said they would not have the transportation or financial resources to do so at the present time. We hope to continue activities next year!

Post-survey results:

- students participating in most activities commented that they'd participate again.
- three students said that the hiking activity wasn't as exciting as others.
- only two students said they wouldn't participate in the zip lining event again because it was too scary.
- the Jumpology, karate and line dancing events were the most popular, with 100% of the students saying they'd participate again.

Our "Get Up and Move" activities were promoted on our Facebook chapter group page, our Facebook Alumni group page, our chapter Web site, Instagram, Twitter and Pinterest.

Our Student Body project got 374 students up and moving!

We would like to thank the  
Virginia FCCLA  
Leadership Foundation  
for the generous  
grant to carry out our  
Student Body  
Project!

