

KAHPERD Physical Activity Award

Due April 1

Contact Rhonda Holt (rholtpe@sbcglobal.net) when your documentation is ready to submit!

Completed	LEVEL 1	Documentation to Submit
	Register your school on the "Let's Move! Active Schools" Web Site www.letsmoveschools.org	None (info obtained from LMAS reports)
	Complete the school inventory on the LMAS web site.	None (info obtained from LMAS reports)
	Talk to your administrator about ideas to promote more physical activity during the school day and gain support from that person.	Email or note from administrator stating support for your ideas to promote PA
	Plan and implement one strategy to increase physical activity for students during the school day	One page summary of project including target audience, approximate number of people participating, pictures of activity and results of project. One or two testimonials from participants. Information can be submitted as video rather than written form.
	Recognition:	Certificate of appreciation and name/school listed in KAHPERD publication, \$5.00 off KAHPERD membership

Completed	LEVEL 2	
	Register your school on the "Let's Move! Active Schools" Web Site www.letsmoveschools.org	None (info obtained from LMAS reports)
	Complete the school inventory on the LMAS web site.	None (info obtained from LMAS reports)
	Submit one action plan on the LMAS web site.	None (info obtained from LMAS reports)
	Talk to your administrator about ideas to promote more physical activity during the school day and gain support from that person.	Email or note from administrator stating support for your ideas to promote PA
	Make a presentation to your staff about the importance of providing regular physical activity breaks for students during the school day	Outline of presentation and one quote from a staff member about their plans to implement some of the ideas presented
	Plan and implement one strategy to increase physical activity for students during the school day (can be the same as the one submitted on the LMAS web site or a different strategy)	One page summary of project including target audience, approximate number of people participating, pictures of activity and results of project. One or two testimonials from participants. Information can be submitted as video

		rather than written form.
	Recognition:	Certificate of appreciation and name/school listed in KAHPERD publication, \$5.00 off KAHPERD membership, letter of appreciation sent to school administrator

Completed	LEVEL 3	
	Register your school on the "Let's Move! Active Schools" Web Site www.letsmoveschools.org	None (info obtained from LMAS reports)
	Complete the school inventory on the LMAS web site.	None (info obtained from LMAS reports)
	Submit one action plan on the LMAS web site.	None (info obtained from LMAS reports)
	Talk to your administrator about ideas to promote more physical activity during the school day.	Email or note from administrator stating support for your ideas to promote PA
	Make a presentation to your staff about the importance of providing regular physical activity breaks for students during the school day	Outline of presentation and one quote from a staff member about their plans to implement some of the ideas presented
	Plan and implement one strategy to increase physical activity for students during the school day (can be the same as the one submitted on the LMAS web site or a different strategy)	One page summary of project including target audience, approximate number of people participating, pictures of activity and results of project. One or two testimonials from participants. Information can be submitted as video rather than written form.
	Include an article in you school newsletter or local newspaper promoting LMAS and specifically what you are doing in your school to increase PA during the school day.	Copy of article
	Recognition:	Certificate of appreciation and name/school listed in KAHPERD publication, \$5.00 off KAHPERD membership, letter of appreciation sent to school administrator, banner to recognize school for efforts (presented at BOE/staff meeting by committee member or Exec member)