

FROM THE FIELD: BONNY EAGLE MIDDLE SCHOOL
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FISH PHILOSOPHY (from the “Fish Throwers” at Pike Place Market, Seattle)

1. Play
2. Make Their Day
3. Be There
4. Choose Your Attitude

PLAY:

Model
Fun
Play=Health

MAKE THEIR DAY:

Listen
Challenge them
Relevance
Knowledge of Results
Student planning based on knowledge of results and district//state/national standards
Fun

BE THERE:

Listen
Relate/Let them know you care
Relate/Let them know how they’re doing and how to improve
Make it about them
Fun

CHOOSE YOUR ATTITUDE

Don’t sweat the small stuff
Be willing to change and evolve
Don’t let any student’s attitude/behavior ruin your day
Have fun

CONTENT

1. **Where are we?** (Fitness Tests)
2. **Where are we going?** (Set goals and objectives with students based on fitness test results)

3. **How do we get there?** (Get activity suggestions from students within the framework of the National Standards and the Maine Learning Results)
4. **“Rules of the Road”** (F.I.T.T. Principle)
5. **How do we know that we’re on the right road?** (Tools: pedometers during activities, heart rate monitors, pulse rings/bars, perceived exertion charts; Retest)
6. **Why should I do it?** (Make it fun and relevant in *their* world: energy, better grades, make friends (it’s all about the social!), look better, play for a team, challenge)
7. **Are there different paths to the same place?** (Tiers for game/sport instruction, self selected parallel instruction:
 - skill practice only
 - low/no competition
 - high competition
 - gender specific (at their request only))

Some Specific Examples:

Choice of dances within dance instruction units.

Some 8th grade clans (same as clusters/teams...we’re the Scots!) have a daily recess after lunch outside.

They named the weight room “BE Bodies”, and after they successfully pass the weight unit to show that they can work independently/safely they are given a membership card to their “health club” (BE Bodies) which they present to have after school access to the weight room when it’s open.

Home made DVD chronicling stylized versions of everyday activities that people around the school do to keep fit during the day available for loan from the school library.

Weight room use by staff after school.

Weight room use including cardio equipment for behavior special needs students during the day with trained ed. techs.

Staff wellness sessions at every workshop, e.g. “poker run”

School greenhouse with lessons in several subjects. Produce used for school lunches during school year, and area food pantries during the summer.

Dance integrated into several content areas.