

Planning and Program Suggestions

We rely on schools to use the response form to tell us what has worked well at their celebrations. The following examples are ideas implemented by agents and schools in previous years. MFF will connect you with the ACES/B2SD organizer at your school to coordinate your ideas.

Start with a Plan

Your plan for an ACES celebration can be as simple as leading everyone on a jog around the playground for 15 minutes. But the more fun you can make it and the more time you can commit to it, the more impact the celebration will have on the kids.

Program Ideas with Volunteers:

- Play oldies, jock-jams or the kids' current favorites. Set up stations assigning each of your volunteers to lead a different physical activity at each stop. Each classroom teacher accompanies his/her students and when the music stops, they move to the next station.
- Get a local radio station to broadcast live at one of your schools. Then have the other schools tune in and participate along with the school that's "live."
- Host a Bike to School Day event. Organize a time for children and parents to meet at a certain location, and ride together in a bike train to the school.

Other Ideas include:

- Jump Rope for Heart: Include 5 minutes of rope jumping to bring focus to the [American Heart Association's Jump Rope for Heart event](#).
- Use Music: Have the students suggest music they would like to exercise to or bring a wide variety
- Take the Event Outside: More space but have some rainy activities planned just in case. Usually, schools reserve the gym in case of rain.
- Take a Walk: Walk around the block or take a couple laps around the perimeter of the school
- Zumba: Choreograph a Zumba or aerobic routine to get the whole school dancing!
- Relay Races: Split students into teams. Have students skip, hop, "high-knee" and crab walk to the end of the course.
- Follow the ACES/B2SD Theme: Get dressed up and integrate activities surrounding your theme. Get Creative!