

School name	Active Fitness clubs	Coordinated School Health Committee; # of meetings per year, where are minutes, committee members	Staff regularly uses activity breaks; specific program	Minutes allotted for each Physical Education class/Physical Education classes are on a (4,5 or 6) day rotation	Minutes per day students have recess	Students removed from Physical Education class or recess
Arlington	boys soccer(all year) girls soccer(all year), cheerleading(all year), basketball (winter)	meets monthly- members include principal, 1PE/Health teacher, classroom teacher, healthy kids clinic rep, cafeteria manager, minutes kept w/ PE teacher	yes, brain breaks, energizers,	2nd, 4th and 5th 55 minutes/4 day rotation. K, 1st, and 3rd grade 55 minutes/3 day rotation	20 minutes	school field trips
Ashland	Before school (jump roping, basketball, Jogging and speed stacking) after school dance club, Girls on the Run, Tennis club Archery club	Meets quarterly, members include parent, PE teacher, FRC person and an after school coordinator, minutes are kept w/PE teacher.	students participate in GoNoddle 5 minute exercise each morning.	P.E. for 60mins and Dance for 60 mins =120 minutes/5 day rotation	15 minutes	yes for Band /Orchestra

Athens- Chilesburg	Jump Rope Team, Archery Team, Girls on the Run, Cross Country	Meets monthly, members currently include our PLCS program review team (member from each grade level and PLCS teacher), minutes are kept w/PE teacher.	All teachers do brain breaks (GoNoodle is popular). Wellness Wednesday occurs on the last Wednesday of every month. On this Day teachers incorporate more physical activity within the day .	25 minutes/6 day rotation. Six times throughout the school year we have Connect Weeks- classroom teachers incorporate special area concepts and special area teachers keep a specific group of students for the entire week. This is done 6 times so that we are able to have each grade/class for a full week throughout the year for projects or special activities we otherwise may not have time for.	30 minutes	No
Booker T. Washington Primary Academy	none	Yes. Members include PE teacher, classroom teachers, guidance counselor, cafeteria staff and principal. Minutes are kept with principal.	Some teacher use movement breaks throughout the day. Fitness Fridays	50 minutes/5 day rotation	15 minutes	No, but they limit recess to walking laps for behavior problems
Booker T. Washington Intermediate Academy	Humanities Hop (Soccer, Dance and Basketball), Girl's Fitness, Boys to Men	No	Some teachers use movement breaks.	50 minutes/ 5 day rotation	15 minutes	No, but they limit recess to walking laps for behavior problems

Breckinridge	Girls on the Run	<p>Yes 3-4 meetings per year (fall (Oct), winter (Jan), spring (April), summer*(Jul/Aug) *if needed Minutes on file with Committee Chair Members: Jeff Shearer, PE Teacher Penny Hisel-Church, Cafeteria Manager Angela Rey-Barreau, Primary Teacher Joy Shearer, Primary Teacher Sharon Stone, Intermediate Teacher</p>	Yes, daily: Go Noodle and Just Dance	55 minutes/5 day rotation	20 minutes	Student are not removed from recess
Cardinal Valley	Zumba Club	quarterly, one teacher from each grade level, minutes are kept with the P.E. teacher	yes, we have built in fitness days	55 minutes/6 day rotation for primary and a 5 day rotation for intermediate	15 minutes	no
Cassidy	Morning Exercise activities, CAP(Cassidy Afterschool Program)	We will start a Coordinated School Wellness/Heath Committee	Yes, some teachers take 10 minute breaks indoors/outdoors for movement	60 minutes/5 day rotation	15-20 minutes	no
Clays Mill	Girls on the Run	Monthly, one teacher per grade level, minutes are kept w/Ms. Klinker	Yes, Take 10, You Tube, GoNoodle, Energizers, Walking Club	50 minutes/5 day rotation	15-20 minutes	Yes for band, orchestra and testing make up
Deep Springs	Girls on the Run, Dream Team Intramurals,	Health/ Wellness Committee- One member of each grade level- led by PE Teacher and Café Manager- minutes kept by PE Teacher	yes- GoNoodle, Just Dance, Wellness Wednesday every week incorporates movement into Core Content	55 minutes/5 day rotation	25 minutes	yes- during band and orchestra

Dixie	Girls on the Run, Dixie Dudes, Dixie Chicks, Baton Twirlers, Flag Team, Capoeira Club, Dixie Enrichment Academy.	Meets once a month, members include, guidance counselor records minutes, PE-Health Teacher, Guidance Specialist, STEM Teacher, Special Ed Teacher, FRC Coordinator and one teacher from each grade level.	All students participate in a 3-5 minute exercise each morning called "Get Moving Dixie". Wellness Wednesday occurs on the first Wednesday of every month. On this Day teachers incorporate physical activity within lessons.	50 minutes/6 day rotation	20 minutes	no
Garden Springs	Girl's on the Run, Jump Rope for Heart, and Coach's Club	School Health Committee meets monthly. PE teacher records and keeps minutes. Committee members consist of FRC, Coach's Club Representative, One representative from each grade level, counselor, and SAM.	Movement Breaks, Wellness Walks, activity sticks made by PE teacher, Just Dance, Go Noodle, and Adventure to Fitness.	55 minutes/5 day rotation	30 minutes	Yes, 4th and 5th graders are removed from specials for orchestra. The schedule rotates so students only miss one PE class a month.
Glendover	After School Prime-time, Fall tennis clinic, Girls on the run, winter basketball league.	PLCS Committee meets once per month- minutes recorded, distributed and filled, incorporating Wellness Wednesday school-wide via iSchool modules. Wellness Committee formed this year members include FRC, Cafeteria Manager	Brain Breaks on GoNoodle, also used for indoor recess during inclement weather or classes use the gym when available. Teachers incorporate KAGAN learning strategies (many are movement based) during the instructional day.	55 minutes/every 6 days	30 minutes/day - two times per day for Kindergarten	4th and 5th grades are pulled from specials for Band and Orchestra once per week on a rotational schedule.

Harrison	After school fitness club. Meets once a week.	once per month. The P.E. teacher has the minutes/Agenda. The committee includes the P.E. teacher, FRC Coordinator, Guidance Counselor, Spanish teacher, and homeroom teachers from various grade levels.	Teachers regularly use movement breaks in the classroom.	50 minutes/5 day rotation	20 minutes	Yes, 4th and 5th grade orchestra students are removed once a week for half of the physical education class.
James Lane Allen	Soccer Club, Jump Rope for Heart, Girl's on the Run, Aikido Club	Yes, meets once per grading period. Principal has minutes.	JAM Minutes sent out weekly, GoNoodle used for activity breaks and indoor recess	50 minutes/5 day rotation	25 min per day	Students lose free choice as consequence for recess (walk on sidewalk instead); 4-5 students are pulled from PE for Band and Orchestra
Julius Marks	Fitness club A & B, Dance Club, Girl's on the Run, Zumba	yes, meets 5 times/year, minutes in PE office, PE teacher, counselor, FRC coordinator, nurse, cafeteria manager, 2 parents	use Paul Pierce video use Jammin Minutes Use Go Noodle.com	50 minutes/5 day rotation	30 minutes	no
Lansdowne	Girl's on the Run, Archery, UK Nursing, NOW (nutrition & fitness), Girls Volleyball, Young Men of Lansdowne	yes, committee is re-establishing members due to turnover, will meet bi-monthly, members include parent, PE teacher, kindergarten teacher, after school coordinator. Minutes with After School Coordinator/Counselor	Yes, Energizers, Brain Breaks and Dance Videos	55 minutes/6 day rotation	20 minutes	no

Liberty	Girl's on the Run, Teacher's Fitness, Boy's Club,	Yes, Wellness Committee has 3 meetings/year. Members include teachers/parents Now the PLCS committee which meets monthly. PE teacher, a primary and intermediate teacher, 2 support staff and our guidance specialist	Energizers, Brain Breaks, Yoga, Zumba, Wellness Wednesdays, Fitness Fridays	50 minutes/6 day rotation	15 minutes	Yes, for testing or classroom teacher needs, band and orchestra
Mary Todd	Soccer Clinic on Fridays after school		Yes, teachers have been using brain breaks/movement breaks frequently	25 minutes every other day	20 minutes	recess, if behavior is a problem in class and for band/orchestra
Maxwell	Sport clubs	Yes, it is called the PLCS Committee- we meet once a month, members include , PE- Health Teacher, Guidance Specialist, the GT specialist, as well as some other teachers from different grade levels.	Yes, most teachers use some type of movement breaks. Gonoodle.com, zumba for kids, and a youtube page that the PE teacher sent out for teachers to use for movement breaks.	50 minutes/5 day rotation	25 minutes	no
Meadowthrope	Girls on the Run, Jump Rope for Heart, You're it Get Fit	The CHSC/ Healthier Generation meets approx. one day a month for 30-60 min. Active members are: Mary Jo Dendy (FRC and School Wellness Program Leader all minutes and any other documentation will be in her possession ), Monica Nicholson (Health & P.E. also would have documentation of minutes), Elisa Caldwell (Counselor), Felicia Hagar (Cafeteria Mgr).	"Wellness Wednesday" energizers/activity breaks used: JAM.com, Adventure to Fitness, youtube has kid friendly videos that teaching the latest dance moves. Meadowthrope is now uses Kagan Cooperative Learning which promotes movement while encouraging student engagement.	55 minutes/5 day rotation	20 minutes	Yes, during Band and Orchestra (5th grade 30 minutes for Band/ 4th and 5th for 55 minutes for Orchestra)

The Academy of Leadership at Millcreek Elementary	Girl's on the Run, Boys Squad, Spirit Squad, Tennis Club	In the process of forming one	All Teachers do movement breaks daily.	55 minutes/5 day rotation	25 minutes	No, they do walk at Recess for discipline
Northern	None	yes, meets monthly, contact chair for minutes	Yes, most teachers do classroom breaks throughout the day. Every teacher has the Take 10 curriculum as well as energizers, Promoting Physical Activity & Health in the Classroom, etc.	50 minutes/5 day rotation	20 minutes daily	Yes, for band and orchestra, students are also pulled from PE for speech and some intervention at times
Picadome	GEMS-girls' running club; Healthy Heart Club, Tennis	quarterly, one teacher from each grade level, minutes are kept with the P.E. teacher	Yes, all teachers do brain breaks but the programs are teacher option.	55 minutes/ 5 day rotation	20-30 minutes	no, but they can limit recess to walking or jogging because of behavior or academics
Rosa Parks	After School Programs: Tennis, Girl's on the Run, Taekwondo and Cross Country	Meets quarterly, minutes in the front office, members include PE teacher, counselor, parents, intermediate teachers and primary teachers	yes, Gonoodle.com, Promoting Physical Activity Cards and Mr. Noble's Exercise Videos (located on Youtube channel: "Mr. Noble's Fitness World")	55 minutes/6 day rotation	20 minutes	no
Russell Cave	Girl's on the Run, Jump Rope Team, Dance Club	Meets every week on Friday morning. Currently consists of six students, PE Teacher, Guidance Counselor, and our Cafeteria Manager.	Yes, Just Dance & soon we will be using Go Noodle. For "Wellness Wednesday", two Wednesday's every month, the gym is open for classes to come down for an activity break.	55 minutes/4 day rotation	20 minutes	Students are removed for speech; Laps at recess as discipline

Sandersville	tennis club, Sharks on the Run, PRIDE Group Teamwork Club, Healthy Hearts Club	Yes, We do have a health committee that meets twice a year. Minutes can be found in our PLCS program Review file. Members include 1 teacher from each grade, 2 parents	Yes, Walk Across America, Sandersville Stretch on the Morning show every day, Gonoodle	55 minutes/6 Day rotation	15 minutes	no
Southern	Girls on The Run, Tennis Club and intramurals	Meets quarterly, members include parent, PE teacher, FRC person and an after school coordinator, minutes are kept w/PE teacher.	Wellness Wednesdays	55 minutes/6 day rotation	15 minutes	Only for Band
Squires	Fitness Club 2/3; Fitness Club 4/5; Intramurals	No, but have a Health, Safety and Wellness Committee that will meet at various times during the year. Members include classroom teachers, guidance counselor, physical education teacher, custodian, nurse, Special Ed. Teacher, and administrator	Squires teachers are provided energizers for classroom use and movement breaks	30 minutes/5 day rotation	20 minutes	Yes for Band
Stonewall	Tennis	Meets quarterly, members include PE teacher, intermediate teacher, primary teacher, guidance counselor, minutes are kept w/PE teacher.	Go Noodle and Adventure to Fitness Program	60 minutes/5 day rotation	20 minutes	Yes for Orchestra and Band
Tates Creek Elem	BFF (beautiful, Fit, Fabulous= girls on the run basically. Boys and girls basketball offered after school (8 weeks, 2 x a year)	no, dissolved per principal restructure of committees. Working to restore	SPARK's-abc's-In class activity , some use gonoodle,	60 minutes/6 day rotation	20 minutes	recess is walking because of misbehavior, removed from PE for testing/band/or chestra
Veterans park	All Sports, Girl's on the Run, Patriot's Pacers, P.E. XTRA	9/Yr., School Office, 5 Teachers, 2 Parents	Exercise 5, Jamming Minutes, etc.	60 minutes/6 day rotation	20 minutes	No



Wellington	Fit Club, Intramurals, Jump Rope Club, Tennis Club, Running Club	Wellness Committee meets quarterly - includes principal, teachers, parents; PLCS Committee meets monthly and includes teachers and parents	Go Noodle and other resources	55 minutes/6 day rotation	20 minutes	For Band and Orchestra
William Wells Brown	none	no	brain breaks, energizers, gonoodle.com, Take 10, refit revolution	50 minutes/6 day rotation	20 minutes	Field trips, intervention, band/orchestra, testing
Yates	Girls on the Run, Student basketball team in March for 4th and 5th grade	Yes, meets three times a year. Minutes can be found in the PE office.	Some teachers use movement breaks.	50 minutes/5 day rotation	15 minutes	Students are removed from special area on a rotating basis for band and orchestra. Students walk at recess for behavior.