

2016-2017 Husky Growth Program Report



Get Active!

Change the Game!



Husky Sport
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Husky Growth Program Report



2016 - 2017 Annual Report

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Program Overview

Husky Growth partners with Fred D. Wish School teachers and Husky Sport Program Leaders to deliver engaging and quality programming on a weekly basis to Wish's 3rd and 4th grade students. Aligned with the Wish School "High Five Rules," the curriculum uses Husky Sport's four pillars of physical education, life skill development, academic enrichment and nutritional education as a foundation for all lessons, ensuring continuity across classrooms. With food tastings each cycle, Wish students are introduced to a variety of foods across the MyPlate, encouraging healthy creativity and curiosity with each theme. Regular professional development meetings make sure Program Leaders continue to cultivate their classroom skills while providing a network of fellow educators for support and collaboration.

Program Scope

*Husky Growth lessons incorporate **4 key themes** in each of classroom visits, these themes align with Husky Sport's 4 pillars:*

- Physical Activity
- Nutrition Education
- Applicable Life Skills
- Academic Enrichment

4 Third & Fourth grade classes involved in Husky Growth

4 Program Leaders leading the development and delivery of lesson plans

7 Healthy tastings students can share with their friends and families

23 Weeks of active sports themed challenges

99%

of students can identify the sections of the MyPlate (+5%)

Cycle 1 Growth:

88%

of students can identify healthy vs. unhealthy snacks (+5%)

46%

of students can identify where potatoes belong on the MyPlate (+6%)

90+

3rd and 4th grade students are receiving nutrition education through the Husky Growth program

Curriculum & Lesson Plans

With 23 weeks of active sports-themed challenges, students are able to get a well-rounded introduction to a number of sports and physical activities. All nutrition cycles introduce a healthy snack that students have created with Husky Sport program leaders and are able to model at home with families. Additionally, life skills are aligned with a Fred D. Wish “High Five Rule,” helping to ensure continuity across classrooms and the entire school.

Cycle	Physical Activity	Nutrition	Life Skill
1	Soccer	My Plate	Relationship Building
2	Track & Field	Fruit	Be Responsible
3	Volleyball	Vegetables	Be Respectful
4	Basketball	Protein	Be There, Be Ready
5	Dance/Gymnastics	Grains	Follow Directions
6	Baseball/Softball	Dairy	Hands & Feet to Self
7	Jump Rope	Sugar	Teamwork/Pride



Healthy Tastings

Each cycle, Wish students are introduced to a variety of foods from across the My Plate with related tastings, encouraging healthy creativity and curiosity with each theme. To assist with the transferable life skill of food preparation, students in Husky Growth are often tasked with creating a part of or their full tasting alongside peers, program leaders and teachers. Tastings have included:

My Plate:	Pasta Salad
Fruit:	Apple Pizza
Vegetables:	Veggie Faces
Protein:	Hummus
Grains:	Crunch Mix
Dairy:	Frozen Yogurt Bark
Sugar:	Fresh Fruit Popsicles



Looking Ahead to 2017 - 2018

Going into the next year, Husky Growth will continue to:

- Enhance hands on engagement opportunities (like preparing tastings).
- Revamp student reviews of tastings to hear more of student voices.
- Continue challenging students with physically active rewards.
- Look closely at nutrition curriculum to introduce valuable information about vitamins and nutrients of foods.
- Adjust lessons to better incorporate all themes and program pillars into every lesson.

