



Issue 2



PROGRAM NEWS

Events



October 3-7
Fall Pedometer Week

October 17- November 12
Fall Presidential Youth
Fitness Program
Assessment Window

May 1-5
Spring Pedometer Week

March 21-April 28
Spring Presidential Youth
Fitness Program
Assessment Window.

Participating Schools

- Lewton - Grades 4-6**
- North - Grades K-6**
- Riddle - Grades K-3**
- Sexton - Grades 7-12**
- STEM - Grades K-8**

Our Partners



PEAK News

- PEAK has trained over 60 teachers to implement SPARK PE (Sports Play and Active Recreation for Physical Education), provided the curriculum and content matched equipment, as well as before and after physical activity programs, family fitness nights, trips to Ebersole Environmental Center, and a PE coach to offer support to all teachers in PEAK buildings.
- PEAK has also refurbished the weight room at Sexton and installed a climbing wall at North. Outdoor wellness centers complete with walking paths at North and Lansing STEM Academy have recently been completed.



Why is PEAK Important?

Physical activity supports academic achievement. Students that get regular physical activity are better positioned to succeed in the classroom.

What can Parents Expect from the Grant?

- Students will receive inclusive, engaging and effective physical education instruction.
- Students may be wearing pedometers to measure their physical activity.
- Opportunities for parents and students to participate on advisory committees representing grant funded schools.
- Premium physical education equipment.
- Wellness Seminars and Family Activity Nights supported by community partners.



PEAK Project Director

Rebekah Sink
(517)755.4976
rebekah.sink@lansingschools.net

