



Students at East Hanover Elementary “Move it Outside”

Frisbee® toss and a game of Ultimate were the activities of choice for students at East Hanover Elementary School on Friday, April 24, 2009 as they celebrated *Move it Outside Day*. Sixty students ranging from grades kindergarten through fifth participated in the hour long event.

The Move it Outside activities were organized by East Hanover PTO’s Health and Wellness Committee. Committee members collaborated with the local township park to host the event, which took place in the afternoon following an abridged school day.

According to committee member Donna Kephart, one of the key successes to the afternoon was providing kids the opportunity to participate in an afternoon of outdoor activity.



“We noticed this event was especially well attended by students who live in non-neighborhood settings,” remarked Kephart. “The event gave these kids the opportunity to play with other kids – staying at home likely meant there were no neighbors or friends to play with. ”



The committee promoted the event to students through in-school posters and a take-home flier.

“It really appeared that students enjoyed the event and parents were happy to have an organized afternoon activity for the half day,” Kephart said. “As an added bonus, each student that participated was able to take home a Frisbee®.”

In addition to the Move it Outside event, the committee provided each student/family at East Hanover with fact sheets promoting physical activity and reduced screen time that included tips for how families can be more active together and increase participation in non-screen time activities.

"This is our second year in a row hosting a Move it Outside event," commented Kephart. "And we're eagerly looking forward to next year's celebration."

East Hanover Elementary School, part of Lower Dauphin School District, is located in Grantville, Pa.

