NN/LM Interim/Quarterly Project Report

Report ID:
Award Type: Subcontractor ≥ $20,001 Project
Region: MIDCONTINENTAL
Contract Number: HHS-N-276-2011-00006-C
Project Title: Having Fun with Health
Name of Organization: Red Feather Lakes Library
Mailing Address:
City: Red Feather Lakes
State: CO
Zip Code: 80536 - 0000
Name of the Person Submitting Report: Darlene Kilpatrick
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Reporting Period Covered: 15-JAN-2016 - 15-APR-2016
Project Date: 01-MAY-2015 - 30-APR-2016
Extended Project End Date (if applicable):
Date Submitted: 11-MAY-2016
Special Funding Initiative: Yes
Executive Summary

I designed and did 3 programs for K-5th grades. Each program focused on health through movement. As a group, we reviewed the importance of staying active and building muscle. Take aways: If you stop being active, you lose your muscle, gain weight and can have issues with disease. They tested their balance, strength, and ability to work as a team.

Description of Progress Toward the Project's Major Objectives

1) Decided on the best items to purchase to make best use of the money.
2) Design programs that engaged the kids and to have learning.
3) Purchase items.
4) Work with partner (the local RFL Elementary School) to transport students to the library.
5) Execute the programs with the kids.
6) have kids fill out questions on health.

I did not have many problems. My biggest challenge was to decide what to purchase and which programs to offer since they are limitless options. One site where I ordered the supplies was out of stock but they were able to ship me the items in time. I did buy body socks for autistic kids and found that ordering larger sizes would have been better. One question I had to ask kids was too hard for them to answer. "How does being healthy help you?" They kept saying to be healthy.

Evaluation Activities

I asked the kids 3 questions. "Did you learn something? Did you have fun learning? How does being healthy help you? With kids you know if it was a success if you can hold their attention. It can be quite a feat to hold it for an hour after they have been at school at a desk all day.

Other

Nothing to add.

NOTE: AR activities reported by Dana Abbey.