

# YMCA Feelin' Good YMCA StepUp

**Fun, Effective Physical Activities and  
Values Education Programs for  
Elementary Schools and Communities**

**YMCA of the East Bay  
Serving 35,000 Youth and Families in  
Alameda and West Contra Costa Counties**

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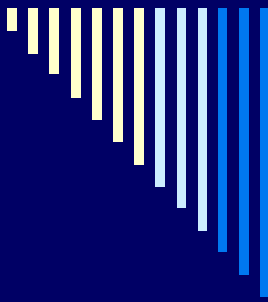


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# Physical Inactivity In Youth

- ❑ Youth spend more time involved with videos/TV than any other activity than sleep.
  - ❑ Communities are not safe and well- equipped for physical activity
  - ❑ Many adults are physically inactive and busy – limited interaction with youth
  - ❑ Many schools not providing structured physical education/activity ---
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# YMCA Guiding Principle

Good things happen for kids

only when caring adults are capable and

committed to making them happen.

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# YMCA Approach

## □ Community Development

- **Create the Spirit of Community**  
Celebration and Festivity
  - **Build the Capacity of the Community**  
School, Family and Neighborhood
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# YMCA Approach

## □ Youth Development (3<sup>rd</sup> – 5<sup>th</sup> Graders)

- Acceptance --- I Can Play
  - Competency --- I Can Do It
  - Achievement --- I Did It!
  - Recognition --- You Saw Me Do It!
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# YMCA Approach

## □ Wholistic Based on YMCA Core Values

Caring ▼ Honesty ▼ Respect ▼ Responsibility

Body --- physical activity, nutrition

Mind --- education

Spirit --- relaxation, reflection

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# YMCA Feelin' Good

- Daily Physical Activity Program during School Hours
  - Eight Oakland Public Schools
  - 4,500 students (Y1); 3,000 (Y2)
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# YMCA Feelin' Good

- Feelin' Good Fitness Corps - 30 future teachers and youth development professionals Cal State Hayward
  - SPARK curriculum
    - State framework; non-competitive; fun
  - YMCA Youth Development and Values Curriculum
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# YMCA Feelin' Good

- Feelin' Good Festival – start of school year
  - Feelin' Good Journal -
  - Feelin' Good Family Nights
  - Strong Kids Games – end of year
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