

Chula Vista Elementary School District

EXERCISE THE DREAM

2015-2016 School Year



Exercise the Dream Field Trip Programs



Kindergarten: Welcome to the Olympic Training Center

Field trip activities include an introduction to the Chula Vista Olympic Training Center, a walking tour of the facility to view athletes in action, a kindergarten physical education lesson, and an application of knowledge activity and/or athlete speaker. All activities will be based on grade-level standards. (Max. Capacity = 65 students, 5 adults)



Primary Grades: Building a Healthy Me

Field trip activities focus on introducing students to the importance of "Building a Healthy Me" through proper nutrition and exercise. Activities may include introducing students to nutrition labels, muscle groups and stretching muscles, and the importance of being active. There will be a walking tour of the Olympic Training Center to view athletes in action and an athlete speaker and/or physical education lesson. All activities will be age-level appropriate and based on grade-level standards. (Max. Capacity = 65 students, 5 adults)



Upper Grades: Making Healthy Choices for Life

This field trip will increase students' physical literacy while incorporating the spirit of the Olympics. Topics may include offensive and defensive skills, "rethink your drink" (choosing the right beverage), and understanding and calculating nutrition labels. Participants will tour the Chula Vista Olympic Training Center to view athletes in action. There may also be an athlete speaker and/or application of knowledge activity. All activities will be age-level appropriate and based on grade-level standards. (Max. Capacity = 65 students, 5 adults)



Exercise the Dream Scheduling Guidelines



**Please be sure to have administrator approval
AND check bus availability BEFORE scheduling*

To schedule a field trip, please use the following link to submit your request:

<http://bitly.com/exercisethedream>

Time: Arrive @ 9:30 am, Depart @ 1:00 pm

How Many: Please limit field trip size to 65 students.

Chaperones: In addition to 65 students, there may be a total of 5 adults (including teachers). It is recommended that chaperones ride on the bus, but if they must drive separately, they must arrive at the same time the bus arrives. The OTC is a secured facility, so vehicles not arriving with the bus will not be permitted to enter. Younger siblings may not attend with chaperones.

Cost: The cost is FREE, however, transportation is NOT COVERED. Please check with transportation for bus availability.

What to Bring:

- A healthy lunch & water bottle (there are no vending machines/water fountains)
- Athletic shoes (no boots or sandals)
- Hats, sunglasses, sunscreen
- Any medications needed (inhaler, EpiPen, etc.)

Accommodations: Please let me know ahead of time if there are any participants needing special accommodations.

Due to the various schedules of teams and individuals training at the OTC, it is not guaranteed that you will see athletes training when you come. If there is something specific you would like to see when you come, please let me know ahead of time.

Questions?

Contact: Heather Cruz, CVESD P.E. District Resource Teacher

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