

Chula Vista Elementary School District

EXERCISE THE DREAM

TK-6th Grade Programs



Exercise the Dream Field Trip Programs



Kindergarten: Move Like an Olympic Athlete

Field trip activities include an introduction to the Chula Vista Elite Athlete Training Center, a walking tour of the facility to view athletes in action, a standards based kindergarten physical education lesson to introduce movement and age appropriate skills, and an application of knowledge activity and/or athlete speaker. (Max. Capacity = 65 students, 5 adults)



Primary Grades: Learning to Move

Field trip activities focus on introducing students to the importance of "Learning to Move" through proper stretching and body movements for physical skills. Activities will include muscle groups and stretching, a standards based PE lesson, and the importance of being active. There will be a walking tour of the Training Center to view athletes in action with possibly an athlete speaker. All activities will be age-level appropriate and based on grade-level standards. (Max. Capacity = 65 students, 5 adults)



Upper Grades: Staying Active for Life

This field trip will increase students' physical literacy through a standards based PE lesson while incorporating the spirit of the Olympics. Participants will tour the Training Center to view athletes in action with a possible athlete speaker. Understanding of life long fitness is the goal. This field trip includes hands-only CPR training for 4th through 6th grade students. (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 contact Ric Ramirez at ricardo.ramirez@cvesd.org or 619-425-9600 x1551

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

How Many: Maximum capacity is 65 students and 5 adults

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 CVTC 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. If for any reason you need to cancel a tour, please inform BOTH transportation and Ric Ramirez.

What to Bring:

- A healthy lunch & water bottle (there are no vending machines/and limited 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 schedules of teams and individuals training at the CVTC, 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: Ric Ramirez, CVESD Physical Education Resource Teacher, Email: ricardo.ramirez@cvesd.org
Phone: 619.425.9600 x1551