

Chula Vista Elementary School District

EXERCISE THE DREAM

2017/18 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 Training Center, a walking tour of the facility to view athletes in action, a kindergarten physical education lesson, nutrition 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 Chula Vista 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. Participants will tour the Chula Vista 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. NEW: This field trip will now include hands-only CPR training for all 4th, 5th and 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 use the following link to submit your request

<http://bit.ly/cvtc123>

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 Robin Carby.

What to Bring:

- A healthy lunch & water bottle (there are no vending machines/water fountains. The tour is 1-1.5 miles in length)
- 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 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: Robin Carby, CVESD P.E. District Resource Teacher
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