

Health Pokes Afterschool Program

Executive Summary (2022-2023)

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PROGRAM MISSION: TO OFFER A MULTI-DIMENSIONAL SERVICE-LEARNING YOUTH PROGRAM THAT TARGETS PERSONAL AND SOCIAL SKILLS/LEARNING DURING PHYSICAL ACTIVITIES

CURRENT PARTNERSHIP:

UW DIVISION OF KINESIOLOGY & HEALTH
LCSD#1 & ACSD#1 SCHOOLS
BIG BROTHERS, BIG SISTERS OF WYOMING



PROGRAM PHASES

HEALTHY POKES BEGAN SPRING 2022
W/FOUR ELEMENTARY SCHOOLS IN CHEYENNE
NOW IN 13 SCHOOLS- LCSD#1 (10) & ACSD#1 (3)
SERVING APPROXIMATELY 130+ KIDS EACH FALL/SPRING



PROGRAM PILLARS

- EVIDENCE BASED MODELS INSTRUCTION/TASK DESIGN
- PHYSICAL ACTIVITY/SKILLS; PERSONAL/SOCIAL SKILLS
- INTERPERSONAL RELATIONSHIPS; DECISION MAKING

Student Impact

"I'M GRATEFUL FOR MAKING MORE
FRIENDS AT HEALTHY POKES!"
-4TH GRADER- PRAIRE WIND ELEM.

"WE'RE ABLE TO SEE OUR FRIENDS... AND
WE GET TO HAVE A FUN DOING ACTIVITIES"
-5TH GRADER-DILDINE ELEM



Division of Kinesiology and Health
Physical Education
Teacher Education

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REPORT FROM SCHOOL ADMINISTRATORS

"Our entire district, PE cohort, needs... that training. [It] should be one of our staff development days because it was just so beneficial and carries over in so many other ways. I think it would be huge for the rest of our teachers, just to have that in their toolbox to help them"

STUDENT DATA: RESULTS SHOW

- ❖ Increase in knowledge of personal and social responsibly skills
 - Self-Awareness (personal actions and healthy behaviors)
 - Relationship Skills (Communicating positively, effectively)
 - Social Awareness (Understanding others; expressing gratitude)
 - Self-management (Self-discipline; Reflection & goal setting)
 - Responsible Decision-making (Problem solving; Make choices)
- ❖ Reduced negative feelings toward being active
 - Positive experiences in games and activities
 - Reduce anxiety to participate with others
 - Find enjoyment in being active for health

TEACHER DATA: RESULTS SHOW

- ❖ Students personal and social skills improved
- ❖ Behaviors and communication improved in students prone to maladaptive behaviors
- ❖ Pedagogical skills learned in program transferred to in-school teaching
- ❖ Learned to build strong teacher-student relationships
- ❖ Found power in supporting student voices and choices while learning



PARENT DATA:

- ❖ WANT MORE POSTIVIE OUTLETS FOR STUDENTS TO BE ACTIVE
- ❖ SUPPORT SOCIAL TIME LOST DURING COVID AND CUT IN AFTESCHOOL TIME
- ❖ WANT TO SUPPORT HEALTHY POKES GOALS AT HOME



Pictured: LCSD#1 Teachers; UW Coordinators and Helpers (Grad & Undergrad)

