

# Fitness Frenzy

TEACHER PACKAGE

Thank you for booking a Teacher's Pet In-School Field Trip!



TEACHER'S PET™



In this package, you will find some key documents that will help you prepare for your upcoming fieldtrip. This package includes:

- ✓ Field Trip Form
- ✓ Checklist Letter
- ✓ Learning outcomes that will be explored during the fieldtrip
- ✓ Information Sheets about payments and volunteers

★ Please use the Checklist Letter as your guide as you prepare your classroom for our visit.

*Please note that all documents are copyrighted and any reproduction or distribution of these documents electronically or otherwise, in whole or in part, is strictly prohibited except for the purposes of this singular scheduled field trip.*

If you have any questions, please feel free to contact us at

- ★ 780 434 8224
- ★ 1-888-634-8738 for Calgary
- ★ Email: [fieldtrips@tpet.ca](mailto:fieldtrips@tpet.ca)

We are looking forward to visiting your classroom and engaging your students in an energetic and interactive learning experience!

Best wishes,

The Teacher's Pet Team



*No bus needed!  
We come to your  
classroom!*

# Fitness Frenzy

FOR YOUR INFORMATION

## Payments

Please note our Payment Policy:



1. You will be invoiced once the field trip has taken place. This invoice will be emailed directly to the accounts payable individual at your school.
2. Payments may be by cheque or credit card.
3. If paying by cheque, please make the cheque out to **Teacher's Pet Educational Services** and mail to:  
Teacher's Pet Educational Services  
11215-180 Street  
Edmonton, AB  
T5S 0B4
4. If paying by credit card, please call the office at:  
780 434 8224 (Edmonton)  
1 888 634 8738

Please note: We are an approved vendor in your school district.

## Volunteers

Volunteers are an integral part of your classroom and during this field trip. On your checklist letter and on the field trip form, you will find a suggested number of volunteers that are needed for this event. Please be aware that there may be components of this field trip where volunteers will need to read English. If this is difficult for some of your volunteers, we will try to place them at stations with little or no reading but this is not always possible.



## Student Booklets



Teacher's Pet is going green! We are committed to helping the environment in accordance with green initiatives undertaken within schools. We are currently in the process of reducing the length of or eliminating the student booklets that have been used in our field trips. We understand that photocopying costs are steep and excess paper usage is not good for the environment.

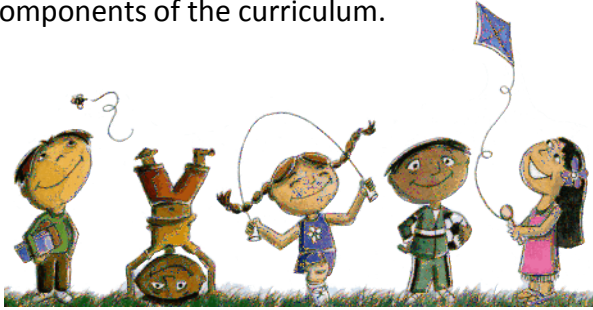
As change takes time, some our field trips will still have a reproducible student booklet this year. We thank you for your patience during this time of transition.

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IN-SCHOOL FIELD TRIP FORM

A Teacher's Pet In-School Field Trip is visiting our classroom! Our students will have an opportunity to participate in interactive centers while learning several key components of the curriculum.

Here is brief outline of our learning adventure!



**Fitness Frenzy!**

**Can you stay active for an entire hour? The energetic presenter guides students through small group and whole class movement activities that are guaranteed to get you up and moving!**

Date of presentation: \_\_\_\_\_ Time of presentation: \_\_\_\_\_

Cost: \_\_\_\_\_ Please return your payment for this event by \_\_\_\_\_

✂ -----

I hereby give my son/daughter \_\_\_\_\_ permission to participate in the Fitness Frenzy In-School Fieldtrip on \_\_\_\_\_ at \_\_\_\_\_ AM/PM.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

In order for your child to receive the maximum benefit from this field trip, we will require 1 volunteer to help out in station activities. Please arrive at least 15 minutes before the scheduled field trip time to receive instructions.

I will be able to volunteer.  
Name/phone number: \_\_\_\_\_

I am sorry, but I will not be able to volunteer.



# Fitness Frenzy

## CHECKLIST

The following is a checklist to help you prepare for this exciting event. We kindly recommend that this checklist is followed to ensure a smooth and productive fieldtrip.

### Before the field trip:

- If it is your policy to send home a field trip form letter for in-school field trips, you are welcome to use the one included in this package. It has been provided for your convenience!
- 1 volunteer is required and they should arrive at least 15 minutes prior to the beginning of the field trip.
- There is no Student Booklet to photocopy.



### Day of the field trip:

- Please organize the following:
  - A gym works great for this fieldtrip or an outdoor space, however, wind, rain and snow will affect the activities.
- Please provide each student with a name tag.
- The Teacher's Pet representative will arrive approximately 20-30 minutes prior to the scheduled field trip to set up stations and talk to parent volunteers.

### During the field trip:

- Students will NOT rotate through stations. They will be doing the same activities at the same time at their own desk or at a table.
- The Teacher's Pet representative does not replace the classroom teacher. It is beneficial for the classroom teacher to roam freely to provide positive reinforcement and troubleshoot. This is a great opportunity to monitor and assess your students' learning!
- Since students are quite involved during the field trip, it is necessary for them to stay in for recess.

### After the field trip:

- Please fill out the online evaluation form found at <https://tpet.wufoo.com/forms/r7x3a7/> . Your input is very valuable and very much appreciated!

### Payment:

- Please refer to the Payment section included on the "For Your Information..." page for detailed information about our Payment Policy.

Please contact us if you have any questions or comments. Thank you for allowing us the privilege of visiting your classroom!

Best wishes,

The Teacher's Pet Team

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## LEARNER OUTCOMES

The following **Learner Outcomes** are explored to varying degrees within the Fitness Frenzy In-School Field trip.



- acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits



- understand, experience and appreciate the health benefits that result from physical activity



- interact positively with others



- assume responsibility to lead an active way of life.