

Sample Program Schedules

Middle School



One-hour Program

OPTION 1

- Start with a 25-minute walk around the school.
 - Consider decorating the school track with mission-related information.
 - Ask a teacher or student to play upbeat music during the walk.
 - Make a line of teachers to high-five the students for joining the fight against cancer.
 - Consider having students do different types of activities during each lap. For example, have them walk the first lap, skip the second lap, jog the third, etc.
- Follow the 25-minute walk with a ceremony. The ceremony can have elements of a survivors celebration, a luminaria ceremony, or the closing ceremony.
 - Honor those students and teachers at your school who have fought or are fighting cancer.
- Incorporate additional ideas from the Schools vs Cancer Physical Activities Ideas Sheet

OPTION 2

- Have each class walk or run laps during their regularly scheduled PE class. Log how many laps are completed as a school. This is a great option that does not interrupt the class schedule.

Two-hour Program

- Start with an opening ceremony that reminds everyone why they are participating in the Schools vs Cancer event.
 - Consider having a teacher, parent, or student share their reason for participating.
 - Include upbeat music and the school song.
 - Thank supporters and reflect on what students have learned leading up to the event.
- After the opening ceremony, start with an opening lap.
 - Ask students to join the lap by grade or classroom.
- Set up four stations and various outdoor activities.
 - Use the four educational pillars to build activities:
 - › Sun Safety – Slip on a shirt. Slop on sunscreen. Slap on a hat. And wrap on sunglasses.
 - › Nutrition – Fruit and vegetable relay race.
 - › Tobacco-free – Learn a no-smoking cheer.
 - › Physical Activity – Perform jumping jacks, sit-ups, or a toe-touch obstacle course.
- Bring all the students back together for a closing ceremony.
 - Give out any honors or awards.
 - Thank all students, parents, and teachers for participating.
 - Announce fundraising totals.



Sample Program Schedules

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Half-day Program

OPTION 1

- Expand on the two-hour schedule by adding a healthy lunch outdoors or a one-hour all-school dance with a DJ.

OPTION 2

- Start with an opening ceremony.
 - Consider having a teacher, parent, or student share their reason for participating.
 - Include upbeat music and the school song.
 - Thank supporters and reflect on what students have learned leading up to the event.
- Set up activity stations indoors and outdoors. Allow each group to spend one hour outdoors and one hour indoors. In between the station rotations, host a healthy picnic lunch and regular recess.
 - Split the students into two groups based on age or grade level.
 - › Indoor activities (coloring pages, making “fight back” posters, and cancer prevention lessons)
 - › Outdoor activities (obstacle courses, hula hoop, dancing, fruit and vegetable relay race, cheering station, water balloons, volleyball, etc.)
- Bring all the students back together for a closing ceremony.
 - Give out any honors or awards.
 - Thank all students, parents, and teachers for participating.
 - Announce fundraising totals.

Full-day Program

- Start with an opening ceremony.
 - Consider having a teacher, parent, or student share their reason for participating.
 - Include upbeat music and the school song.
 - Thank supporters and reflect on what students have learned leading up to the event.
- Set up activity stations indoors and outdoors. Allow each group to spend one hour outdoors and one hour indoors.
 - Split the students into two groups based on age or grade level.
 - › Indoor activities (coloring pages, making “fight back” posters, and cancer prevention lessons)
 - › Outdoor activities (obstacle courses, hula hoop, dancing, fruit and vegetable relay race, cheering station, water balloons, volleyball, etc.)
- Include a dodgeball tournament.
 - Students form teams and play when they are not at a learning or activity station.
 - Consider having the whole school watch the final game of the tournament before the closing ceremony.
- Add a movie screening to the rotation.
 - Set up a projector and allow students to watch a movie that reflects your event theme or learning objectives.
- In between the station rotations, host a healthy picnic lunch and regular recess.
- Bring all the students back together for a closing ceremony.
 - Give out any honors or awards.
 - Thank all students, parents, and, teachers for participating.
 - Announce fundraising totals.



Sample Program Schedules

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Weeklong Program

OPTION 1

- **Monday** – Penny Wars fundraiser/Kickoff day
 - Consider hosting an all-school assembly to kick off Schools vs Cancer week with an opening ceremony.
 - Send students home with luminaria bags to decorate in honor or memory of someone they know who has battled cancer.
- **Tuesday** – Penny Wars fundraiser/Hat Day (donate \$1 to wear a hat)
- **Wednesday** – Luminaria bags due
- **Thursday** – All-school walk and activity stations
 - Consider hosting an all-school assembly to thank everyone for participating and announcing the winning classes (closing ceremony).
- **Friday** – Party for winning class (winning class gets healthy snacks and time to play games outside).

OPTION 2

- **Monday**
 - Morning announcements – Sun Safety
 - Fundraising: Donate \$1 to wear a hat on Hat Day.
- **Tuesday**
 - Morning announcements – Tobacco-free
 - Fundraising: Door decorating with donation cards
- **Wednesday**
 - Morning announcements – Nutrition
 - Fundraising: Cafeteria has superhero healthy desserts for a donation.
- **Thursday**
 - Morning announcements – Physical Activity
 - Fundraising: The class with the most fundraising dollars collected so far gets an extra 10 minutes of recess.
- **Friday**
 - Host a Schools vs Cancer Day (see sample schedules for half- and full-day events)



Sample Program Schedules

Middle School



Weeklong Program

OPTION 3

Monday

- **Putting a “lid” on cancer.** Help students understand the importance of wearing hats for sun safety. Students wear hats to school in exchange for a \$1 donation.
- Teach a mini-lesson on sun safety, and reinforce the lesson with the Beach Ball Pass activity.
 - › Beach Ball Pass – Students pass a beach ball around the room. When a student catches the ball, they share a fact they learned about sun safety or answer a question about sun safety.

Tuesday

- **“Sporting” a healthy lifestyle.** Help students understand the importance of living an active lifestyle. Allow them to wear athletic clothing (shorts, running pants, tennis shoes, etc.) to school in exchange for a \$1 donation.
- Teach a mini-lesson on physical activity and reinforce with the Jumping Rope Math activity
 - › Jumping Rope Math – Students see how many jumps they can do in five minutes, then calculate how many jumps they would have done in different time increments (10 minutes, 20 minutes, 25 minutes, etc.).

Wednesday

- **“Stomping” out tobacco.** Students take a stand and promote being tobacco-free. Students wear boots to school in exchange for a \$1 donation.
- Teach a mini-lesson on tobacco prevention and reinforce the lesson with the Cost of Cigarettes activity.
 - › The Cost of Cigarettes – Students calculate how much money cigarette smokers spend in one year. Students blow through straws to simulate what it’s like to have emphysema (at first, it’s easy, but after one minute your lungs have trouble keeping up).

Thursday

- **“Slipping” into a cancer-free future.** Plenty of rest and good food helps keep your body healthy. Students wear slippers to school in exchange for a \$1 donation.
- Teach mini-lesson on nutrition and reinforce the lesson with the Fruit and Vegetable Power activity.
 - › Fruit and Vegetable Power: True/False Quiz and Word Search

Friday

- Host a Schools vs Cancer Day (see sample schedules for half- and full-day events).

Activities Outside School

- Host a Schools vs Cancer carnival with food, music, games, and celebrations.
- Host a schoolwide dance.

