

BIKEOLOGY FOR FITNESS

Goal: Provide students at Metz Middle School with the knowledge and tools needed to live a healthy and active lifestyle by learning the fundamentals of bike riding and bike safety.



Amount Funded: \$ 5,213.52

Sponsor:

**Manassas City Public Schools
Education Foundation**



Summary

Ronda Brown, Health and Physical Education teacher, has incorporated a program titled, "Bikeology for Fitness" into the P.E. curriculum at Metz Middle School. This program strives to intertwine "learning through movement", while incorporating math and science. Twenty-one bicycles and helmets were purchased with grant funds to be used for this program. Bikeology for Fitness teaches safety and rules of the road during classroom sessions before students get on a bike. Brown realized that she could combine math and science while improving cardiovascular fitness and teaching student fundamental life skills. "I always like to lead the pack and I hope other schools are looking at our program. I really loved being able to launch the program and continually seeing excitement in the kids," said Brown.

