



## **Moon Area School District**

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### **Moon Area Secures Highmark Healthy High Five Grant**

Moon Area Middle School's physical education program recently received a \$9,422 Highmark Healthy High Five grant that will finance a new technology facet in the district's physical education curriculum.

With the funds, the district will purchase four GameBikes, which hook onto video games and force students to pedal rather than simply push a button, two Dance Dance Revolution professional rubberized dance mats, two Sony PlayStation video game consoles, two 42-inch flat-screen televisions and two mobile television stands, says Harry Watts, a middle school physical education teacher.

"Instead of video game technology being a sedentary activity for our students, this equipment transforms it into a positive force on students' physical fitness. Students are excited about this new initiative. These are games they are used to playing at home except now they are reaping cardiovascular benefits with their entire body instead of simply racking up points with their fingers."

In class, the new items will be used by all students at some point in the year. This equipment will be used in unison with other fitness activities going on in the gymnasium. Now, there will be little class time wasted waiting for each students' turn and more opportunity for cardiovascular improvement.

The new items complement other items used in the newly drafted curriculum including 28 pairs of in-line skates and coordinating protective equipment, a Nintendo Wii video game console, two treadmills, a recumbent bike and a donated elliptical machine.