

## TITLE PAGE

### ACKNOWLEDGEMENT

- I. **INTRODUCTION**
  - SCHOOL BACKGROUND
  - PROGRAM OVERVIEW WITH KEY ACHIEVEMENTS
  
- II. **TOTAL SCHOOL POPULATION**

GRADE LEVEL	STUDENT POPULATION (M+F)
Kinder	20-28
1	37-21
2	48-24
3	34-29
4	28-34
5	36-30
6	35-26
TOTAL	

- III. **SCHEDULE OF PROGRAM AND ACTIVITY IMPLEMENTATION / GANTT CHART**
- IV. **NESTLE WELLNESS CAMPUS PROGRAM DOCUMENTATION**
  - A. IMPLEMENTATION ON NWC STUDENT MODULES-INCLUDE SAMPLE LESSON PLANS
  - B. IMPLEMENTATION OF NWC ADULT MODULES
  - C. DANCERCISE IMPLEMENTATION
  
- V. **BEST PRACTICES**
  - a. One best practice per healthy habit

1. CHOOSE NUTRITIOUS AND VARIED OPTIONS (SRaES WELLNESS ACADEMY)
2. MANAGE PORTIONS (TARA, KAIN TAYO!)
3. CHOOSE TO DRINK WATER AND MILK
4. PLAY ACTIVELY (BATANG AKTIBO, KALUSUGA'Y PANALO)

ACTIVITY TITLE:

School-Based Sports Activity (Batang Aktibo, Kalusuga'y Panalo)

Sports is an opportunity to escape from the usual day to day routine and to get involved with something. It is an outdoor activity that involves spending time with peers doing a wide variety of activities. On the other hand, in today's society, technology has separated people from the nature and led to the loss of human interaction on a personal level. Therefore, sports give the participants the chance to get away from the technological distractions of the modern world and spend time in quiet environment to commune with the nature and with peers.