



AMPED

Amplifying Education with Physical Activity.

Now Featuring **ezSCAN**

PROGRAM SET-UP GUIDE

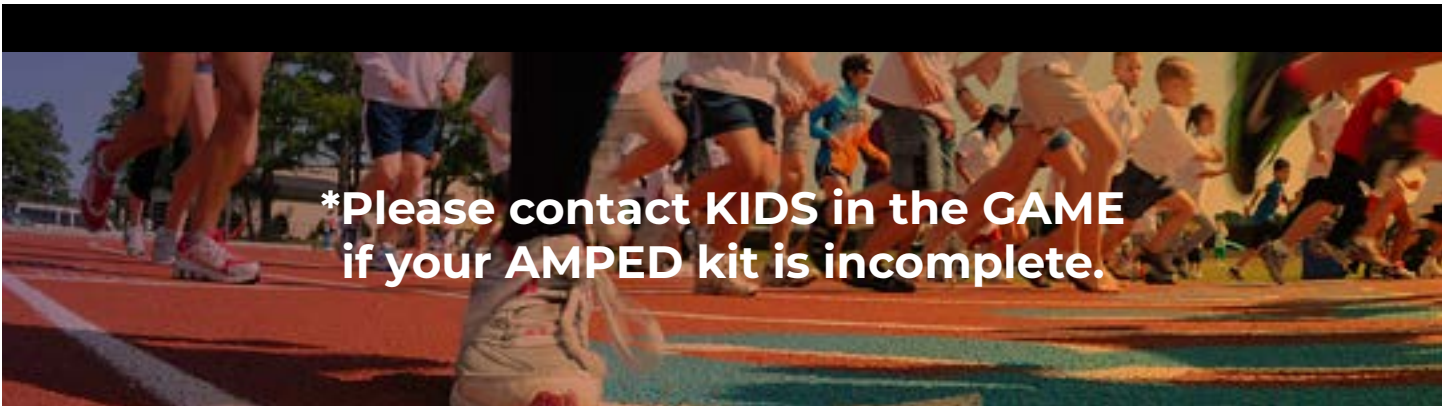


561-529-2989
amped@PHITAmerica.org
1032 15th St NW #108, Washington DC

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Let's Get AMPED! #getAMPED

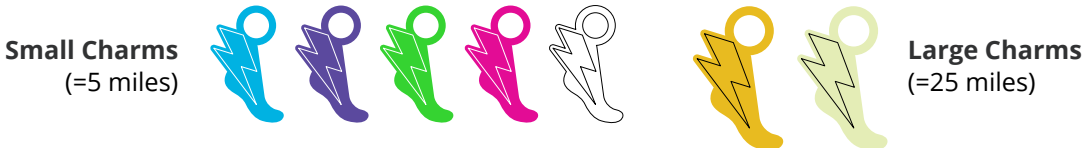
Congratulations on receiving your AMPED Kit! It's time to #getAMPED and prime your students' brains for learning. AMPED has been designed to get kids moving before the first bell rings; allowing kids to be kids and just run, laugh, socialize, and even dance. AMPED encourages positive influence through students showcasing their super fun charms to their friends, challenging their teachers, and even getting their administration up and out onto the AMPED course.

AMPLIFIED MOTIVATION

AMPED keeps kids in the game through our way-cool soft, stretchy, silicone (black) necklaces and array of bright colored charms. Students earn charms through racking up the miles while also simply showing up and participating.

TIP: We highly recommend NOT handing out necklaces to everyone; instead, wait until the student's first charm is earned. These are kids and we know they are experts at losing things!

AMPED provides two charm sizes for students to earn:



YOUR AMPED TOOL KIT

Are you ready to AMP up your students and get the fun started? Let's do this! Your AMPED Tool Kit comes in a single shipment. For certain schools, your banner may ship separately. Otherwise, you'll be on the lookout for the following:



1 TOOL KIT

Each AMPED Tool Kit contains the following pieces:

- 1 wheeled carrying case
- 2 EcoExplorer re-chargeable Bluetooth Speakers
- 1, two-tiered carrying case
- 2000 small AMPED charms (in tier 1)



1 BANNER

An all-weather banner to showcase that your school, your kids, are AMPED!

*Banner may arrive separately.



CHARMS, NECKLACE, CONES

- 100 large AMPED charms (stored in tier 1)
- AMPED silicone necklaces (stored in tier 2)
- 4 AMPED cones



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PREPARE TO GET AMPED!

Once you've received your AMPED Tool Kit and checked that you've received all your AMPED tools, you're ready to get your school AMPED!

Your AMPED Tool Kit is designed to hold all your tools and make a clean, quick set-up and take-down. It's so easy your AMPLifiers can take on the responsibility themselves!

What's an AMPLifier?

AMPLifiers are the engaging, energetic, and electric AMPED student participants who run, walk, and bolt through the AMPED.

SETTING UP YOUR AMPED COURSE

Step 1

First, your AMPLifiers need a running/walking course to unleash their AMPED-up energy. If you already have a designated track or course; perhaps, you have an existing running club or jog-a-thon track, great! Use what you have and what your AMPLifiers are familiar with.

- Make sure you know the distance of your course.
- If you need to measure the distance of your course, see step 2.
- If you already know your distance skip step 2.

Step 2

If you need to define your new AMPED running route, no sweat. Just follow these directions!

Go to: www.google.com/maps/

Left of the page, look for: "Search Google Maps" text field.

- Type in your school's name or address.
- Click the search icon, or enter
- When your school populates, look for the satellite icon on the lower left portion of the map, click the icon.
- Zoom into your school until you can see an area you'd like to map out.

Once your location is located:

- Left click to create the starting point of your course.
- On that starting point, right click and see options that populate.
- Click on the "Measure Distance" option.
- Select the next point(s) of your course until you've created a full loop course that works best for you.

Check your distance in the white box at the bottom of your screen. Make adjustments as needed.

- No need to get too precise here.
- Make it easy on yourself, safe for the students, and round up to the closest measurement when necessary.

Print, screen shot, or send image to a phone or email for easy set up.

(Make sure to save a copy for the next year)



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AMPED COURSE KEY

DISTANCE	FEET	LAPS Per 1 MILE	LAPS Per 1 CHARM
1-Mile	5280'	1	5
1/2-Mile	2640'	2	10
1/4-Mile	1320'	4	20
1/8-Mile	660'	8	40

AWARD WITH CHARM(S)

AMPED charms can be earned in many ways, providing a steady stream of motivation to keep kids moving. As students earn their charms, they become "AMPlifiers!"

5 MILES = 1 SMALL CHARM

(Includes their necklace when earning their first charm)

25 MILES = 1 LARGE CHARM

Participation matters! AMPED motivates participation and a lifetime of being active by recognizing both individual participation and the encouragement for participation of others.

20 days = 1 SMALL CHARM

(Participation for every 20 days)

**50 DAYS of PARTICIPATION
= 1 LARGE CHARM**

(Does not need to be consecutive)

EZ SCAN

You will be receiving an email from info@fitnessfinders.net with your EZ Scan activation code. Ensure info@fitnessfinders.net is an approved sender to your school/district inbox. Once you receive your activation code, set up your account, users, classes, and more with EZ Scan. (Your EZ Scan subscription is based on KIDS in the GAME's subscription cycle with EZ Scan, so start scanning!)

You can set up multiple scanners with different levels of access to EZ Scan: **Teachers, Admin, Volunteers**. We recommend that you sync EZ Scan by end of day each day. You can run AMPED multiple times in one day and can "Sync All" at the end of the day.

1. Set up your course. Laps/Mile on EZ Scan.

2. Set up your awards.

- Small charms = 5 miles
- Large charms = 25 miles

You can print multiple copies of your AMPED-EZ Scan QR codes for kids to have in multiple class rooms. You can add parents, teachers, admin, and more and track their laps too. Adding your classes is as EZ as copy and paste!

Contact EZ Scan (info@fitnessfinders.net) for any scanning questions.



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INTRODUCING AMPED

You've just received your AMPED Tool Kit, and made all the preparations—Yeah! You are ready to get the kids excited to come out and get AMPED. We hope you're able to use this opportunity to bring your school community together and invited families and staff to join in!

Your AMPED banner is on display and your students and parents are naturally curious. They'll begin to wonder, "what's this new, exciting banner about?" Let's tell 'em about it!

- Make a Facebook, Instagram, and/or Twitter announcement* @phitamerica #getAMPED
- Announce in a parent/teacher newsletter.*
- Announce during an existing assembly or hold an AMPED-specific one.*
- Add an announcement, section, or page to your school Website.*
- AMP up your morning announcements with a countdown to AMPED.*
- Encourage your teachers to AMP-up students amped about AMPED.*

* If you would like promotional images or content for an announcement, e-mail us and let us know!

When making announcements about your new AMPED program, please include the following information:

Logistics

- What time and how often AMPED will be available?
- Where kids should show up to participate?
- What they get and how they will earn their charms?

Rules of Engagement

As soon as they arrive at school they can jump in and join in the fun. Explain how the kids will earn their charms: Consistent participation and for running laps.

BANNER PLACEMENT

Please place your AMPED banner in plain sight of your AMPlifiers.

Upon your annual AMPED launch please gather AMPlifiers for a group photo in front of the AMPED banner.

We encourage AMPlifiers who earn their large charm(s) to take a picture in front of the AMPED banner as they are awarded. At the end of the year, please store your AMPED banner with your AMPED tool kit.

STORING YOUR AMPED KIT

Your entire AMPED program has been designed to fit in the AMPED Tool Kit. In it, you will store:



For the additional elements included in the AMPED Tool Kit, we recommend storing your necklaces, small charms, and large charms in their two-tier container, in a secure location (i.e. teacher's cabinet, desk, closet, etc.). Do not take these items out to the AMPED course each day. These are earned items and will not be utilized on a daily basis.



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THE DAILY SET-UP

Here's the steps to safely and consistently set up your daily AMPED experience:

1. Ensure weather and air quality are safe for students to participate.
2. Bring out phone, iPad, or tablet to scan laps with EZ Scan.
3. Hand out EZ Scan QR Code readers for participating Amplifiers.
4. Unplug your speakers and place inside your Tool Kit.
5. Roll out your Tool Kit to your designated AMPED course.
 - We encourage you to designate an honored AMPLifier/s to assist with set up and take down
6. Check your AMPED run course and check that it is safe and free from obstruction and debris.
7. Set-up device to scan laps into EZ Tally Tracker.
8. Unpack these items:
 - Both speakers
 - Cones
9. Turn on both speakers (the main power is behind the power cover on the back of the speaker).
10. Set up Bluetooth. Here's how:
 - Pair one of the speakers to a phone/iPad/computer:
 1. Turn on your Bluetooth device.
 2. Turn on your EcoXplorer. It will announce, "Power on." If already powered on and not in Bluetooth mode, press SOURCE to cycle through the modes until BT (Bluetooth) appears on the screen.
 3. Navigate to your Bluetooth device's setup screen, find ECOXGEAR and connect. If the connection is successful, the LED Bluetooth Indicator will be lit solid blue and your EcoXplorer will announce "Connection successful."
 - Pair speakers together.
 - Place speakers next to each other and press the  (Connect Button) on both speakers and release.
11. Place speakers 30 ft apart in the middle of the AMPED course for AMPLified sound.
12. Set up your AMPED Zone at the beginning of the course, encouraging kids to sprint after they have completed their lap.
 - AMPED Zone is a 20-foot acceleration zone where kids are encouraged to sprint after they've scanned their previous lap. They can resume a comfortable pace after running through the AMPED Zone.

What is the AMPED Zone & how to set it up:

- AMPED Zone is a space to practice fundamental locomotive skills (i.e. sprint, jump, hop, skip, gallop, speed walk, etc.)
 - 4 AMPED Cones help to designate the space
1. Mark off the AMPED zone by walking off 20 paces. Place the first cones on either side of where you start your paces. Walk 20 paces and place cones at this point as well. This marks the end of the AMPED Zone!
 2. Make the AMPED zone your own, add fun games, challenges, or obstacles in the AMPED zone.
 3. Set up phone or music. (Ensure your playlist is approved and age appropriate)
 4. Start the music and let the AMPLifiers take off!



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- No need to wait for a specified time or “official start”
 - All AMPlifiers are allowed to join in at any time
 - All AMPlifiers, regardless of age and abilities, are encouraged to get AMPED
 - Walkers, joggers, sprinters, dancers, movers and shakers are all encouraged to rack up those miles
 - Runners and Joggers are encouraged to use the inside edge of the course
 - Walkers, dancers, wigglers are encouraged to use the outer edge of the course
- Socializing is encouraged! Let those early morning hellos and weekend updates flow amongst their peers. Keep it positive, fun and encouraging for all.
 - Laughing, giggling, smiling, and singing along are highly sought after!
 - Come up with a daily topic for peers to talk about and connect as they walk or run the track
 - Ask the AMPED team for a list of topics and questions!
- Encourage peers to reach out to each other, encourage each other’s participation, root each other on, and challenge their teachers and families to live an AMPlified lifestyle.

AMPED IN ACTION

As the first student starts along the course, AMPED has begun!

Who Can Participate?

- ALL students regardless of their age and ability; allow for modifications. Support their eagerness to be active
- Get your teachers/staff moving in the mornings with the kids
- We love to hear about families, parents/guardians, grandparents, siblings, etc coming out to join AMPED and lead healthy lives

Do all kids begin at the same time?

- Nope! Let kids jump in and out of AMPED as they wish.
- Allow AMPlifiers to start right as the music begins or get in a few laps before the bells rings to get lined up for class
- 40 minutes or 10 minutes is all great!
- AMPlifiers can start immediately, go grab some morning breakfast, and/or come back and walk up some extra miles. They can stop and welcome a friend who just arrived and come back, or not!
- Keep it easy, open and always fun

How do I keep track of laps

- EZ Scan

Can they get partial laps?

- It’s all about encouraging participation and movement
- Some kids may come out every morning but only complete one lap; remind Amplifiers, they earn participation feet on top of their laps. Congratulate them for being active and on time for school every day! Try to encourage them to stay longer or invite a friend. Most importantly, encourage them to continue showing up.
- Ultimately, it is your decision, your program, and your kids. We encourage you to make it as fun for your kids as you can.
- Feel free to give us feedback and let us know new methods and ideas for your AMPED program.



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How do we incorporate the community?

- Encourage family members, teachers, and staff to come join in
 - Offer kids extra feet for bringing along a friend, family member, convincing a teacher, etc.
- Designate "Family week/month"
 - Who can get the most laps as a family in the month?
- "'Out-AMP' your teacher week/month"
 - Students vs. Teachers vs. Admin
- Be creative, get your students involved with ideas and inspiration for AMPED

PUTTING AMPED AWAY

Daily

1. Collect both speakers and place them into the Tool Kit.
2. Pack up both speakers, 4 cones, and tool carrier into your AMPED tool kit.
3. Roll your Tool Kit back to its designated home.
 - Plug in your speakers for a full recharge for the next morning
4. Ensure your Tool Kit is stored in a safe place.
5. Add uploading data from EZ Scan at the end of the day.

Weekly/Monthly

- Hand out earned Charms for accumulated miles/participation for the month.
- Upload data with EZ Scan.

HELPERS AND OPTIONS

Getting Your AMPLifiers to Help Out

Do you have AMPLifiers who are always wanting to help out? Or older AMPLifiers who would be great at setting the example for the younger AMPLifiers?

Here are some great ways to get them involved in AMPED:

- Assign an AMPLifier(s) to help setup and take down AMPED each day. Create a scheduled rotating helpers each month.
- Pair older kids with younger kids to run together, motivate each other, and have a running buddy.

Need Additional Charms and/or Necklaces?

Do you have SOO many AMPLifiers and they are racking up SOO many Miles, encouraging SOO much participation, and showing up EVERY DAY?!

GREAT! We #getAMPED to hear this!

In order to receive additional charms and necklaces PHIT America will be verify you are using EZ Scan/Tally to award your students. If you are not recording your data, we will not be able to send you more materials.



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AMPLIFY PARTICIPATION

- Encourage classes to challenge each other (first against fifth grade).
Ex. The winner receives extra 10 min. recess
- Bring your parents to AMPED Day.
- Encourage a friend to join you.
- Walk with a Purpose - create school topics for students to walk the track and talk about together. (i.e which super hero should be the school mascot, have you ever seen someone being bullied, what sport have you always wanted to try.)

TALK TO THE AMPED TEAM

Questions? Send us an email at amped@phitamerica.org. We'll get right back to you!



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