



Main Goal

Give students the choice to participate and learn volleyball during the school day to increase physical activity

Research Findings



250

Students and staff positively impacted



Student vs. Teachers Game

Many of the Pineville Middle School students are of lower income households and geographically isolated. It can be hard for them to participate in afterschool activities due to transportation and more. Allowing the opportunity to participate in volleyball during the day improves physical activity



System Changes

Created a system of choosing participation in sports to increase physical activity



ActiveWV 2030 Physical Activity Plan Sector:

Education



Health Equity



Gives students the **choice** to participate in physical activity

Allows students in lower income households to participate in sports and competition

The Bottom Line

Pineville Middle school is helping to introduce sports and activity to students. Giving them the choice to participate helps them to make the decision themselves and can lead to positive thinking towards physical activity. They plan on continuing this program of allowing volleyball during lunch and physical education class.

