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Louisiana Bike Ride to Promote Physical Education in Rural Schools

Oakdale, LA - Pedaling 4 PE is a 4-day, 377 mile bicycle ride celebrating a no-cost, quality Physical Education Curriculum that links movement to increased academic performance for Louisiana's underserved, rural schools. Cyclists will be rolling through south Louisiana between December 11 and 14. Along the route, they will stop at 12 schools to promote physical education and health. This event is sponsored by EatMoveGrow and US Games to connect schools to this opportunity. A complete itinerary is included at the end of this release.

To improve equity of access to resources not typically available in rural areas, EatMoveGrow and US Games have joined forces to provide the OPEN (Online Physical Education Network) resource. EatMoveGrow is a federally funded grant program that works with teachers in classrooms and PE to build healthier environments. OPEN is a free physical education curriculum developed by experts as a philanthropic outreach program of BSN's US Games Division. "The OPEN curriculum is a way for us to make sure that disadvantaged students have access to exceptional physical education and the basic equipment they need to succeed. Providing this no-cost curriculum helps us narrow disparity in resources for low-income schools," said Amy Karam EatMoveGrow Project Director. The OPEN curriculum resource makes it possible for all students to experience the benefits of effective physical education.

As the **Pedaling 4 PE** cycling team rolls into each school, students will be treated to an OPEN PE lesson taught by a national OPEN trainer and their schools will receive US Games PE equipment packs that support OPEN lessons. Each school stop will also feature wellness activities sponsored by local wellness-focused organizations including Fuel Up To Play 60, Louisiana Agriculture Extension, Action for Health Kids, DOW Chemical and American Heart Association.

EatMoveGrow and OPEN will continue to build healthier schools together. Their staff members are eager for additional schools to join in their mission. Stephanie Bourque of Port Allen Elementary said, "I was lost last year and then I found the OPEN curriculum this year. Where was this last year? Why did I not know about this?" With OPEN, quality physical education can now be available in every school.

Please join us in celebrating Physical Education opportunities for all in Louisiana. If your organization would like to participate, please contact Amy Karam, Program Director for EatMoveGrow at amy@eatmovegrow.us. Learn more at eatmovegrow.us and OPENphysEd.org

Video link to 2-minute overview of OPEN in rural Louisiana: <https://youtu.be/rU6HC7MIKHY>

Pedaling 4PE



Bike Route

Day 1 Monday, December 11

- Stop 1 Port Allen Elementary – Kickoff Celebration
609 Rosedale Road Port Allen, LA
- Stop 2 Rougon Elementary School
13258 LA-416 Rougon, LA
- Stop 3 Catholic of Pointe Coupee
504 4th Street New Roads, LA
- Stop 4 Rosenwald Elementary
1100 New Roads St New Roads, LA

Day 2 Tuesday, December 12

- Stop 1 Stephenville Elementary School
3243 LA-70 Morgan City, LA
- Stop 2 Raintree Elementary School
501 Raintree Drive Baldwin, LA

Day 3 Wednesday, December 13

- Stop 1 Martin Petitjean
4039 Crowley Rayne, LA
- Stop 2 Cecilia Primary School
1021 Alcide Bonin Cecilia, La
- Stop 3 Opelousas Catholic Elementary School
428 E. Prudhomme Opelousas, LA

Day 4 Thursday, December 14

- Stop 1 Palmetto Elementary School
235 Rideau Road Palmetto, LA
- Stop 2 Bayou Chicot Elementary
4576 US-167 Ville Platte, LA
- Stop 3 Bunkie Elementary School
311 Pershing Avenue Bunkie, LA
- Stop 4 Hayes Auditorium – End of the Trail