

JAM School Program Overview

The JAM School Program brings physical activity and health education into the classroom. It is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools.

The elementary students at FAMU DRS will participate in a total one-minute fitness JAM routine each week that includes 3-5 simple exercises that kids (and staff) can do while either standing at their desk or sitting behind a chair. These one minute fitness activities are entitled JAMmin' Minute[®] fitness routines.

Our students will also enjoy reading across the curriculum. Our elementary P.E. Coach reads and discusses a short paragraph written by an athlete who briefly talks about healthy living. Fun facts about each diverse athlete is also included. This portion of the program is known as our JAM Blast[®] reading moments.

Benefits of the JAM School Program-

- It establishes daily health and fitness habits among our students and staff.
- It improves concentration and self-esteem of our students.
- It allows everyone one to participate.

The JAM School Program is also promoted and backed by:



For more information about our JAM School Program, please contact Ericka Cromartie at Ericka.cromartie@fam.u.edu.