

## STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

# how to implement

Active kids tend to be healthy kids and better learners. Here are some ways to get kids moving. Which ones can your program use?

**Bolded items** mean there is a supporting handout in this section!

### PHYSICAL ACTIVITY

is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

### Provide opportunities to get physical activity:

- Use the **'5-2-1-0 Physical Activities: A 'Redy-To-Go' Book of Energizers and Games'** that comes with your toolkit.
- Do not take away physical activity as a punishment.
- Use **Physical Activity as a Reward** in the 'Step 3: Strategy 3: Prohibit Food As a Reward' tab.
- Use **Quick Brain Boosts** during transitions and between stationary activities.
- Use the **LET US Play Principles** to make physical activity time more active and inclusive.
- Use local PE teachers as a resource for ideas.

### Spend program time being active regardless of weather or limited space:

- Use ideas from the **Physical Activity in Any Weather** handout.
- Use the ideas from the **Physical Activity in Small Spaces** handout.

### Learn how to include physical activity in every day and share this knowledge with families using these handouts:

- **Get One Hour or More of Physical Activity Every Day**
- **Take It Outside**
- **Top Five Anywhere Exercises**

### Model and participate in the activities you are asking the kids to do.

### Connect with community partners that can safely provide yoga, dance, tai chi, or other types of fitness instruction to introduce kids to different forms of physical activity.

- See the 'Step 3: Strategy 7' tab for more tips on **Engaging Community Partners**.

### Set a program policy that requires opportunities for physical activity to be provided every day.

- Refer to the **Let's Go! Guide to Success** in Step 2 for help with this.



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**LET'S GO!**

**5-2-1-0**