

STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

how to implement

Active students tend to be healthy students and better learners. Here are some ways to get kids moving during the school day. Which ones can your school 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.

Understand the importance of physical activity in the classroom:

- Review the **Movement for Academic Success** handout.

Provide opportunities to get physical activity:

- Keep facilities open before and after school for physical activity.
- Incorporate physical activity into test review using the **Movement for Test Success** handout.
- Use **Quick Brain Boosts** between classroom activities.
- Do not take away physical activity as a punishment.
- **Use Physical Activity as a Reward.**
- **Create a Dedicated Activity Center** at your school.
- **Start a Physical Activity Club.**
- Provide recess or PE every day; get kids moving using the **Active Recess!** handout.
- Use your PE teachers as a resource for ideas.

Learn how to include physical activity in every day and share this knowledge with students using the handouts below:

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

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

- Refer to the **Guide for Success** packet in the 'Step 2' tab for help with this.

