



# Creating a School Environment that Supports Physical Activity



Build a culture of physical activity to support student wellness.

### **Adopt a School-Wide Physical Activity Day like On-the-Move Monday, Walking Wednesday, or Thousand Step Thursday**

Make a commitment to walk or move for a specific period of time, on a specific day of the week for a pre-determined period of time during the school year.

### **Twenty Miles in Twenty Days**

Choose a month with twenty school days. Map out an area around the school that is exactly one mile. Every day for a month, have students complete the mile course. At the end of the month, they will proudly say that they were able to walk (or jog) twenty miles in twenty days!

### **Recess Runners**

Create a club or program designed to get students active during the school day. Students have the opportunity to walk or run a marked trail during recess and free periods, and they receive a punch on an index card for each lap completed.

### **Create a Dedicated Physical Activity Space**

A dedicated physical activity space is a way to incorporate physical activity into the school day. Allow staff to give students a coupon for 10 minutes in the activity space. Make the space available during free periods, and before and after school.

### **Create an Activity Hallway or Stairwell**

An [activity hallway or stairwell](#) is a fun and engaging way for students to get their wiggles out, refocus during a transition, self-soothe after facing a difficult challenge, and get in some extra physical activity. Turn a plain hallway or stairwell into a colorful, playful space that promotes increased activity.

#### **Active Hallways can:**

- increase physical activity for students.
- help students practice skills.
- reinforce academic concepts.
- allow for play.

### **Student Physical Activity Club**

Creating a student physical activity club before/after school is a great way to provide exposure to new activities and games outside of physical education or traditional team sports. It also creates a sense of belonging to the school environment, and a connection with teachers and peers outside the classroom. Activities could include kickball, open gym, jump rope, Frisbee, capture the flag, yoga, and dance lessons, or student choice.