



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.