

Active Classrooms Rock!

Kids
Can Do
it!



Physical Activity Recommendations for Kids

- Experts recommend that kids get **at least 60 minutes** of moderate to vigorous physical activity each day (physical activity that increases both heart rate and breathing rate well above resting levels).
- Kids can accumulate minutes over the course of the day by doing several bouts of physical activity lasting at least 10 to 15 minutes.
- Kids should avoid periods of inactivity lasting 2 hours or more, especially during daytime hours.
- Helping students become more physically active is an essential part of a school wellness program.

Why Add Activity Breaks into the Classroom?

- Because of decreased physical activity and PE in today's schools, expert committees are recommending that schools integrate physical activity into the classroom.
- Studies show that kids are more attentive and ready to learn if allowed to have a break for physical activity.
- Physical activity is one of the most potent weapons against increasing rates of childhood obesity and related diseases, particularly when combined with good nutrition.
- As a result of our sedentary lifestyles (TV viewing, playing video games, driving instead of walking, limited PE and recess in schools, etc.) fewer than 25% of American kids get at least 30 minutes of any type of physical activity every day.
- Because kids spend most of their time in school, the type and amount of physical activity they get in schools is important!
- Physical activity has positive effects on academic achievement, including increased concentration; improved test scores in math, reading and writing; and reduced disruptive behavior.

Both the American Academy of Pediatrics and the Centers for Disease Control support the efforts of schools to include **increased physical activity in the classroom.**

An A+ = Activity+

Math: Have students practice their measurement skills by measuring the distance covered while jumping, leaping, and hopping. Call out math problems – when the answer is less than 20, have kids answer in jumping jacks, push ups, hops, twists, kicks, or marching.

Science: Take nature walks around the school yard. Encourage students to do reports on the benefits of physical activity. Do a step test to measure kids' fitness levels.

Geography: Give students pedometers and track their steps or mileage on maps of geographical interest, such as famous landmarks, state capitols, national parks, etc. One mile = about 2000 steps.

Spelling: Host a spelling bee with a physical activity theme. Ask students to act out verbs such as skip, hop, march, dance.

Language Arts: Ask students to journal the amount of time they spend watching TV, playing video games, and being active – and what activities they enjoyed most and why.

5 Tips for Active Classrooms

1. Display posters, banners, photos, and kids' artwork that promotes physical activity.
2. Give kids extra recess.
3. Ask your PTO or principal for physical activity equipment.
4. Encourage parental involvement in physical activity – both at home and in the classroom. Send home physical activity homework that parents and kids can do together.
5. Praise kids often for participating in physical activity. Value each child based on their individual abilities.



Teachers CanDo It!

Teachers and school staff with positive attitudes about physical activity are an important influence for young people. To be an active role model, teachers and staff can:

- Use the stairs instead of the elevator
- Walk during lunch and after school
- Ride your bike to school
- Join in with the kids for activities on the playground, in the gym, and in the classroom
- Talk with kids about the physical activities you do outside of school
- Encourage kids to be physically active outside of PE
- Participate in school health promotion programs such as the Schools on the Move Challenge (For more information, contact Healthy Kids Club at lh2@pvhs.org or 970-495-7511.)

Classroom Tools

Kids on the Move Classroom Activity Breaks – Deck and CD with 50 fun 10-minute classroom-based physical activity breaks. Available from Healthy Kids Club (lh2@pvhs.org or 970-495-7511).

Energizers – 10-minute classroom-based activities that integrate physical activity with academic concepts (K-5 and Middle School). Free. www.ncpe4me.com/energizers.html

Take 10! – 10-minute classroom-based activities that integrate physical activity with academic concepts (K-6), \$80 per grade level. www.take10.net/whatistake10.asp?page=new

Brain Breaks – Classroom-based activities that integrate physical activity with academic concepts (K-6). Free. www.emc.cmich.edu/brainbreaks/

Jammin' Minutes JAM School Program – One minute classroom-based activities and health tips to help kids get moving and refocus on their school work. Free. www.healthetips.com/jam-program.php

America on the Move! – Step challenge for schools (all ages). Free. www.AmericaOnTheMove.org

Fitness Finders – Walking/running incentive program. Low-cost. www.fitnessfinders.net/

PE Central Challenge – Skills challenge for classroom teachers to use during recess or before- and after-school programs (4th-5th grade). Low cost. www.pecentral.org/pecchallenge/index.html

PE Central Classroom Teacher/Integration Lesson Plans – Classroom-based activities that integrate physical activity with academic concepts (K-12). Free. www.pecentral.org/lessonideas/classroom/classroom.asp

Fit Kids Classroom Workout DVD – 5- and 10-minute classroom-based workouts for kids (K-6). <http://emerchant.aciwebs.com/stores/pecentral/>

Superman FitDeck Exercise Flash Cards for Kids – Classroom-based exercise games for kids (ages 4-16). \$10. <http://emerchant.aciwebs.com/stores/pecentral/>

NASPE's Teachers' Toolbox (Spanish and English). Free. www.aahperd.org/naspe/template.cfm?template=teachers_toolbox.html

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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