



The Centers for Disease Control (CDC) recommends that children spend at least 60 minutes per day in physical activity. To meet these needs, students need a combination of physical education classes, physical activity opportunities throughout the school day, and/or before- and after- school activities.

Additionally, physical activity provides a much-needed break from sedentary classroom activities while increasing students' daily physical activity levels. Physical activity breaks or energizers can be creatively incorporated into the school day during early morning announcements, in hallways while students are waiting in line, and during each academic class as a way of integrating learning objectives with physical movement.

The resources below provide meaningful physical activities that students can engage in and require small blocks of time throughout the day. These activities can be used by classroom teachers, physical educators, and anyone wishing to engage youth in a brief bout of physical activity¹. *The work of the Healthy Choices for Healthy Children Council will include collecting and disseminating best practices to help districts in their efforts to increase physical activity levels of their students.*

- **Winter Kids Outdoor Learning Curriculum** is aligned with National Education Standards and offers interdisciplinary lessons in a variety of subjects for grades K-12 with a complete adapted component for disabled children. www.winterkids.org
- **Energizers** are classroom-based physical activities for grades K-8 that integrate physical activity with academic concepts. www.ncpe4me.com/energizers.html
- **Active Academics** provides practical ideas for integrating physical activity in K-5 math, reading/language arts, health/nutrition and physical education classes. www.activeacademics.org
- **Activity Bursts for the Classroom** shows elementary schools how to restructure physical activity into multiple, brief episodes throughout the day without taking away valuable time for classroom instruction. www.davidkatzmd.com/abcforfitness.aspx
- **Brain Breaks** provides physical activity lessons for K-6 classrooms. The lesson menu is broken into specific content areas and other settings. www.emc.cmich.edu/brainbreaks/
- **Take 10** offers a searchable database of classroom-based physical activity lessons for K-5. www.take10.net/whatistake10.asp?page=new

Creative Ideas Helping Ohio Children Get Active

At the start of the school day...

Livingston Elementary, Columbus, OH

Principal Melinda Dixon has created an exercise video - in which she stars - leading the children of Livingston Elementary in 10 minutes of simple exercises to start each school day.

During the school day...

Price Elementary School, Cuyahoga Falls

Teacher Bobbi Huston uses a game of "Musical Cards" to teach 4th and 5th grade science. The game involves movement around the classroom to music in order to collect cards containing science facts and concepts. Bobbi maintains this activity stimulates brain functioning, focuses attention and aids in learning

Our Lady of the Elms, West Akron and Silver Lake Elementary, Cuyahoga Falls

With an eye on student wellness and academic performance, teachers replaced classroom chairs with exercise/stability balls. Teachers and students at both schools have declared them a success with children feeling more alert and active during their lessons. In 2007, the Mayo Clinic in Rochester, Minnesota explored the idea of chairless classrooms– over a three-week period – where students could choose from an array of alternatives including standing or using an exercise/stability ball. On all accounts, the students were more focused and more active.

Tremont Elementary School, Upper Arlington:

Tremont Elementary school implements a Walking Club program. Last year, more than 2.5 million children in nearly 15,000 schools across the country logged almost 30 million miles (48 million kilometres) through similar programs. The program is simple to run; students walk on the playground several times a week. Mileage markers are checked every time a child completes a lap. When recess ends, students return their cards to their personal file. For each five laps walked or run, the child is rewarded with a Toe Token (brightly colored plastic foot) to put on a shoelace or chain. Tremont currently conducts the program during the lunch hour/recess, but it can be easily implemented before or after school or as part of the school day.

Jackman Elementary School, Toledo

Jackman Elementary is implementing a physical activity plan to address the need for improving cardiovascular activity and decreasing unwanted and/or negative behaviors. The Jackman Physical Activity plan is a model that provides elementary children with four choices (zones) of activities during each outdoor/indoor session. Each day, the children will have the opportunity to choose which zone they would like to play in for their recess period: game zone, discovery zone, walking zone or free play zone. Each zone has a variety of choices from which children can choose to stay physically active during the period. Advantages of this program include increasing cardiovascular activity, raising academic achievement, addressing bullying and safety, and providing activity breaks.

After the school day...

Livingston and Lincoln Park Elementary School, Columbus

The Nationwide Children's Hospital Fitness and Nutrition (F.A.N.) Club was established in 2008 as part of the hospital's pediatric obesity initiative to help 3rd, 4th and 5th grade students experience fun activities to keep them fit and healthy through physical activity and education. The after-school and summer F.A.N. Club includes activities such as strength training, games, flag football, stretching, cardio-aerobic activities and nutrition and there is no cost to club participants.

1. <http://www.aahperd.org/naspe/publications/teachingTools/upload/Integrating-PA-into-the-School-Day-Web-9-14-09.pdf>