STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

how to implement

Active kids tend to be healthy kids and better learners. Here are some ways to get kids moving. Which ones can your program 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.

**Provide opportunities to get physical activity:**
- Use the ‘5-2-1-0 Physical Activities: A ‘Redy-To-Go’ Book of Energizers and Games’ that comes with your toolkit.
- Do not take away physical activity as a punishment.
- Use Physical Activity as a Reward in the ‘Step 3: Strategy 3: Prohibit Food As a Reward’ tab.
- Use Quick Brain Boosts during transitions and between stationary activities.
- Use the LET US Play Principles to make physical activity time more active and inclusive.
- Use local PE teachers as a resource for ideas.

**Spend program time being active regardless of weather or limited space:**
- Use ideas from the Physical Activity in Any Weather handout.
- Use the ideas from the Physical Activity in Small Spaces handout.

**Learn how to include physical activity in every day and share this knowledge with families using these handouts:**
- Get One Hour or More of Physical Activity Every Day
- Take It Outside
- Top Five Anywhere Exercises

**Model and participate in the activities you are asking the kids to do.**

**Connect with community partners that can safely provide yoga, dance, tai chi, or other types of fitness instruction to introduce kids to different forms of physical activity.**
- See the ‘Step 3: Strategy 7’ tab for more tips on Engaging Community Partners.

**Set a program policy that requires opportunities for physical activity to be provided every day.**
- Refer to the Let’s Go! Guide to Success in Step 2 for help with this.