

## 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 during the school day. Which ones can your school 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:

- Keep facilities open before and after school for physical activity.
- Incorporate physical activity into the curriculum.
- Use **Quick Brain Boosts** between classroom activities.
- Do not take away physical activity as a punishment.
- **Use Physical Activity as a Reward.**
- **Create a Dedicated Activity Room** at your school.
- Borrow and use a **StoryWalk™**.
- **Start a Physical Activity Club.**
- Provide recess or PE every day; get kids moving using the **Active Recess!** handout.
- **Start a Walking School Bus.**
- Use your PE teachers as a resource for ideas.
- Use the **5-2-1-0 Activity Booklet** found in the pocket of your toolkit.

### 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**

### Set a policy that requires opportunities for physical activity to be provided every day.

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.

