

Arlington Central School District Wellness Committee
Tools and Resources for Physical Activity in and out of the classroom

"...Physical activity can have an impact on cognitive skills and attitudes and academic behavior, all of which are important components of improved academic performance. These include enhanced concentration and attention as well as improved classroom behavior." (CDC)

Quick and Easy ideas

- **Movement stations** in the hallway. If a student needs a break they can walk around school to a station.
- **Class and/or Building level activity groups/clubs i.e.** walking clubs, running clubs
- **Environmental changes:** Yoga balls to allow movement while sitting. Also to develop core strength.
- **Mindfulness breathing break:** Using these regularly can teach students how to control their reactions, thoughts and movement when stressed, upset etc.
- **Take a break and go outside:** Simple tasks like ball tossing, stretching, walking and or movements "march like a soldier" or sweep the floor
- Quietly step in place when teacher is instructing.
- Have students rotate seats several times throughout the lesson Have students put an object on the floor (pen, notebook, ID card) and call out different body part they have to try to pick it up with (ex: elbows, feet, knees, forearm, neck, etc.).
- Have students take the "no stress test." Make it a classroom tradition to have a 5-minute walking break before a test to help everyone feel relaxed.
- Do a physically active quiz to help prepare students for an upcoming test. Ask the students a series of true-or-false questions. If the question is true, have students jump in place for 15 seconds. If the question is false, have students touch their toes.
- **FitDeck Cards:** <https://fitdeck.com/>
Take a physical activity break during lessons. Make activity cards and pick one at random each day for students to do. Example activities include jumping jacks, arm circles, gallop like a horse, march in place, etc.
- **Sworkit Kids:** <http://kids.sworkit.com/> Sworkit gives you access to workout plans for any level. You will have access to hundreds of pre-defined workouts. No gym, no weights, just simple ideas that you didn't need to think of. You can access Sworkit on iOS, Android, and the web
- **Chair aerobics.** They should sit up straight, keeping their ankles together to do leg lifts by extending their legs to a 180-degree angle for 20 repetitions. Then have students stand behind the chair and while holding the back for balance, extend their right leg out to the side to a 45-degree angle for 20 repetitions. Then repeat with the left leg.
- **Literacy Connection:** Have students act out. Read a paragraph or page of a book, and every time an action verb comes up, the students have to act it out.

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PHYSICAL ACTIVITY RESOURCE DOCUMENT

Physical Activity/Education Resources, Research, and Information

Action for Healthy Kids:

- **Game On! The Ultimate Wellness Challenge**,
<http://www.actionforhealthykids.org/component/content/article/38-state-team-news/1134-game-on-the-ultimate-wellness-challenge> fun activities/"challenges" around "Making Better Food Choices" and "Moving More"; increases awareness and leads to behavior changes that positively impact health and achievement.
 - **Resources to Create Change**, <http://www.actionforhealthykids.org/tools-for-schools/resource-clearing-house/search/summary>
- **Alliance for a Healthier Generation**, <https://www.healthiergeneration.org/>
- **ABC Fitness Teacher Manual**: ABC Fitness Teacher Manual is a physical activity program developed by David Katz for elementary school students to provide fun, simple engaging activities that encourage physical activity in the classroom.
<http://www.davidkatzmd.com/abcforfitness.aspx>
- **American Heart Association**: Great list of resources, lesson plans, and physical activity fundraiser ideas.
[www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans UCM_304280_Article.jsp](http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans_UCM_304280_Article.jsp)
- **Comprehensive Schools Physical Activity Programs (CSPAP)**: A Guide for Schools,
http://www.cdc.gov/healthyyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf
- **Choose My Plate**, <http://www.choosemyplate.gov/physical-activity> provides resources and tools for dietary assessment, nutrition education and other nutrition information.
- **Crucial Role of Recess in Schools, Position Statement from the American Academy of Pediatrics**, <http://pediatrics.aappublications.org/content/131/1/183.full.pdf+html>
- **Center for Science in the Public Interest**: Non-food rewards including some physical activity ideas www.cspinet.org/nutritionpolicy/constructive_rewards.pdf
- **Center for Disease Control and Prevention (CDC)** Utilize this document from CDC's the VERB campaign to teach youth about the different sports that are out there
www.cdc.gov/youthcampaign/marketing/tween/pdf/DWMYou-StudentActivityGuide.pdf

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- **Energizers for Elementary, Middle & Afterschool Programs:**
<https://www.eatsmartmovemorenc.com/Energizers/EnergizersForSchools.html>
3-8 minutes activities that can be incorporated into the classroom. They are available for free as a downloadable PDF. Middle school tools are subject specific.
- **Fuel Up to Play 60 Tools**, <http://www.fueluptoplay60.com/>, a program founded by the National Dairy Council and NFL, in collaboration with USDA that empowers students to make changes at school and getting active for at least 60 minutes every day.
- **Healthier US School Challenge (HUSSC):** Smarter Classrooms,
<http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms> a voluntary certification initiative recognizing those schools enrolled in Team Nutrition; healthier school environments through promotion of nutrition and physical activity.
- **JAM just a minute Program** www.healthetips.com
JAM resources offer a weekly one-minute exercise routine called JAMmin' Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter.
- **Let's Move!** <http://www.letsmove.gov/>, a comprehensive initiative launched by the First Lady, Michelle Obama; and <http://www.letsmove.gov/active-schools>.
- **New York City's Move-to-Improve (MTI) for K-5**,
<http://schools.nyc.gov/Academics/FitnessandHealth/MoveImprove/default.htm>, see Move-to-Improve Programs Materials at the bottom of the following link (cards, videos linking physical activity to academics, and posters designed by NYC teachers/staff to address some of the challenges when implementing physical activity, such as smaller spaces).
- **NYS Education Department:** This document was developed to provide school districts with appropriate information and resources to incorporate active learning into the core curriculum at the K-3 levels. http://www.p12.nysed.gov/ciai/pe/toolkitdocs/elementary_pe_resource.pdf
- **NYSED Physical Education Curriculum and Instruction Information**
<http://www.p12.nysed.gov/ciai/pe/toolkit.html>
- **NYSED OFFICIAL COMPILATION OF CODES, RULES AND REGULATIONS OF THE STATE OF NEW YORK.** <http://www.p12.nysed.gov/ciai/pe/documents/CR135.4-Current%20through%20August%2015%202015.pdf>
- **SPARK**, <http://www.sparkpe.org/> a research-based, public health organization; creates, implements, and evaluates programs that promote lifelong wellness.
- **The State of Play, Gallup Survey of Principals on School Recess**,
<http://www.rwjf.org/en/library/research/2010/02/the-state-of-play.html>

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Tools and Resources for Physical Activity in and out of the classroom

- **Youth Physical Activity, the Role of Schools, US Department of Health and Human Services,**
http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf
physical activity fact sheet for schools

“Brain Break” Videos and Useful links – Click on the links below, get students moving and your classrooms will be rejuvenated!

- Go Noodle, <https://www.gonoodle.com/>
- HOPSports, <http://www.hopsports.com/content.php?pgID=289>
- Energizing Brain Breaks, <http://energizingbrainbreaks.com/>
- Brain Breaks Blog Spot, <http://brainbreaks.blogspot.com/>
- Teach, Train and Love, <http://teachtrainlove.com/?s=brain+breaks>
- Kids in the Game: <http://kidsinthegame.com/>
- Marathon Kids: <https://marathonkids.org/>
- Build Our Kids Success: <https://www.bokskids.org/>