Physical activity (PA) is important to student success in school. Finding ways to incorporate it in the school setting, and across the Coordinated School Health components, will help students learn better and be more healthy.

**Why physical activity?**
- Can positively affect concentration, memory, and classroom behavior
- Associated with lower levels of stress and anxiety
- Reduces the risk of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease
- Can improve standardized test scores
- Recess offers students opportunities to interact and develop social skills, such as negotiating and cooperating
- Intramural and interscholastic sports can help students to further develop the knowledge, attitudes, motor skills, behavioral skills and confidence needed to adopt and maintain physically active lifestyles
- Walking and biking to school can provide children with more opportunities to be physically active at no extra cost to parents

**Make Connections!**

Here are some ideas to get your school health team talking about ways to integrate PA across the Coordinated School Health components.

**Physical Education**
- Give PA suggestions and resources to teachers.
- Train classroom teachers on how to teach the PA.
- Model PA at staff meetings.

**Health Services**
- Create and display brochures, posters, or flyers highlighting the importance of PA for personal health.
- Create policies/procedures for brief interventions on PA for youth.

**Health Education**
- Teach healthy lifestyles (including physical activity) in and out of school.
- Incorporate PA lessons into classroom curricula.

**Nutrition Services**
- Create signs that illustrate “fueling” the body with healthy foods.
- Provide information about healthy snacks and beverages that could be consumed before, during, or after physical activity.

**School Environment**
- Use posters throughout the school highlighting the benefits of PA.
- Track office referrals to see if there is a difference after starting PA in the classroom.
- Provide PA equipment for teachers.
- Encourage teachers to have “walk and talk” breaks (student pairs discuss what they have learned after a lesson).

**Family & Community Involvement**
- Create parent brochures about the importance of PA.
- Invite parents to observe and participate in classroom PA activities.
- Provide parents with a list of PA activities that are done in the classroom (and encourage them to do at home).

**Counseling, Psychological & Social Services**
- Create and display brochures, posters, or flyers highlighting the effects of PA on mental, emotional, and social health.
- Provide information on the brain and physical activity.
- Support PA as a counseling strategy.

**Staff Wellness**
- Participate with the students.
- Plan friendly PA challenges between staff and students.
- Support modeling of PA for students.

---

1 Alliance for a Healthier Generation Physical Activity Toolkit http://www.healthiergeneration.org/schools.aspx?id=2268&terms=toolkit
2 National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm
Jammin’ Minutes: How you can use this

Jammin’ Minutes is an activity to get students and staff moving during the school day. Talk with your school health team about using/adapting this idea in your setting.

Sample Jammin’ Minute
Workout Routine: Standing Exercises
• Shuffle left five steps, then right five steps (10 reps)
• Feet together, jump forward and back (10 reps)
• With left foot, take a giant step forward, lower slowly and return (10 reps)
• With right foot, take a giant step forward, lower and return (10 reps)
• Sit on the floor and try to touch your toes (10 reps)

http://healthetips.com/jam-program.php

Recess Kit: How you can use it

Use an indoor recess kit when the weather outside is frightful, or if you want to get students up and moving around during an academic class. Talk with your school health team about using/adapting this idea in your setting.

Sample Indoor Recess Kit
• Foam balls
• Bean bags
• Exercise bands
• Chinese jump ropes
• Beach balls
• Tape to mark off a hopscotch course or an obstacle course
• 12”-15” cardboard squares
• Yoga DVD
• Music/Dance DVD
• Fitness dice (one has the number and the second has the activity)
• Aerobo Circuit Spots (10 non-slip vinyl spots showing easy ways to do aerobic exercises)
• Instructions for the various items

FOR MORE INFORMATION
Taralyn Jensen-Jones
RMC Health
Professional Development Services
Coordinated School Health Program
taralynj@rmc.org

Amy Dillon
Colorado Dept. of Education
Office of Health and Wellness
Coordinated School Health Program
dillon_a@cde.state.co.us

Resources
• RMC Health Coordinated School Health Resources http://www.rmc.org/resources