

## Increasing Physical Activity in the classroom!

Help your students stay focused and re-energize by incorporating brief bouts of physical activity in your class. Below is a list of resources with ideas on how to get your students moving!



<http://www.activeacademics.org/>

Allows you to search activities by grade level and/or content area.

[http://www.ncpe4me.com/pdf\\_files/K-5-Energizers.pdf](http://www.ncpe4me.com/pdf_files/K-5-Energizers.pdf)

Provides activities to energize the class, tips on how to create a physically active classroom atmosphere and much more.

<http://www.kellybear.com/TeacherArticles/TeacherTip69.html>

Features 40 classroom activities that require minimal (if any) equipment.

<http://www.pecentral.org/lessonideas/classroom/classroom.asp>

Lessons integrate physical activity with academic subjects—from history and science to music and nutrition.

<http://www.take10.net/>

Incorporates 10 minute physical activities created by teachers.

<http://www.health.gov/PAGuidelines/adultguide/default.aspx>

It is important for you to be active too! This resource from the US Department of Health & Human Services has ideas on how adults can keep fit!

[www.schoolwellnesskit.org](http://www.schoolwellnesskit.org)

Sign your school up to receive a FREE Fuel Up to Play wellness kit. It will provide healthy eating, physical activity messaging and other tips to improve the wellness environment at your school.

Remember, every child needs to be active for at least **60 minutes** each day. Regular exercise and healthy eating help students learn and retain the information you're teaching! Every little bit counts, so help your students by incorporating activity into your curriculum!

