

### **Resources for Increasing Physical Activity and PE in Schools**

- **Active Living Research**
  - [The Boston Schoolyard Initiative](#) is a public-private partnership focused on redeveloping schoolyards and revitalizing them into active play areas and outdoor learning environments. This brief case study, found on page 10, includes a description of the initiative, lessons learned, how school yards can unite communities and schools, and guidance for replicating this change.
  - [Searchable database](#) of tools and resources related to improving the school physical activity environment.
- **[Activ8Kids! New York State School Nutrition and Physical Activity Toolkit](#)**
  - A resource to help schools improve their nutrition and physical activity environments, and assist local education agencies in developing local wellness policies to create a healthier school environment.
- **Alliance for a Healthier Generation Healthy School Initiative**
  - Offers [tools](#) to help schools become healthier learning environments and provides a searchable database with over 700 resources and funding sources.
  - [Fitness Trail Toolkit](#). This toolkit offers physical activity opportunities for teachers to use indoors or outdoors; it is a fitness station toolkit with 52 different cards that have flexibility, cardiovascular movement skills, and strengthening. These cards can be placed in the hallway or in the classroom so that students can enjoy a physically active recess even indoors. Teachers have also laminated the cards, placed them into cones, and used them outside as well.
- **Alliance for Childhood**
  - [Crisis in the Kindergarten: Why Children Need to Play in School](#). This report describes the benefits of play in early childhood as well as recommendations for creating effective and healthy kindergartens.
- **[Bridging the Gap](#)**
  - *School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey Results*. This report evaluated practices regarding physical activity, nutrition, and obesity prevention during the 2006-07 and 2007-08 school years.

- **[California Healthy Kids Resource Center](#)**
  - Research, trainings, and planning tools for development and implementation of policies to improve school nutrition and physical activity environments.
  
- **California Project LEAN (Leaders Encouraging Activity and Nutrition)**
  - [Active Bodies, Active Minds—Physical Activity and Academic Achievement](#). This resource provides information regarding the link between physical activity and academic achievement as well as the role of the school boards. It also includes a link to policy resources for increasing school-based physical activity.
  
  - A [fact sheet](#) providing evidence regarding the benefits of moderate to vigorous physical activity (MVPA); a definition of MVPA, its benefits and how much students need; cost-effective strategies to increase MVPA in physical education; and actions school boards can take to increase MVPA in physical education.
  
  - A [report](#) showing effective strategies for maximizing opportunities for physical activity during the school day.
  
  - Tools and Resources for incorporating physical activity during the school day:
    - [Spanish materials](#)
    - [School Wellness](#)
    - [Lesson Plans](#)
  
- **[California School Boards Association \(CSBA\)](#)**
  - This resource provides extensive data including policy briefs, fact sheets, position statements, studies, and guides related to physical activity and physical education in schools. Included is a joint “CSBA and California Project LEAN resource guide to provide school districts and school board members with tools and sample policies to support a healthy school environment” (CSBA).
  
- **[CATCH \(Coordinated Approach to Child Health\)](#)**
  - CATCH is one of the largest school-based health promotion research projects ever funded by the National Institutes of Health. CATCH Physical Education is an evidence-based program found to be effective in promoting children’s engagement in moderate to vigorous physical activity; it includes training and materials for PE teachers such as the CATCH Guidebook that provides sample lesson plans to complement teachers’ activities as well as the CATCH PE Box, which is a developmentally appropriate activity for children in grades K-8.
  
- **Communities \*Adolescents \* Nutrition \* Fitness (CANFIT)**
  - [Physical Activity Guidelines Matrix](#)  
This matrix provides key strategies and examples for after-school programs to incorporate physical activity. CANFIT developed these strategies so that after-school programs could implement the California Department of Education (CDE) physical activity guidelines into a simple matrix that can be incorporated into everyday programming.

- [99 Ways Toolkit](#)  
The 99 Ways Toolkit is an interactive booklet that provides nutrition and fitness lesson plans, shopping menu tips, and strategies to involve parents and community members to help after-school programs be healthier places for youth and families.
- [Empowering Youth](#)  
The CDC, USDA, 100 Black Men of America, Inc., and CANFIT developed the Empowering Youth manual for use in after-school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity-related community project; tips, worksheets, handouts, discussion prompters and more.
- [A Physical Activity Pyramid](#) for After-School Programs to engage youth in daily physical activity. This document provides a description of how to organize physical activity in after-school programs.
- A [list of resources](#) for improving school wellness policies in order to increase physical activity and improve nutrition for participating students.
- [Empowering Youth with Nutrition and Physical Activity](#)
  - A manual for use in after-school programs and classrooms with youth 11-18 years old, including resources to help youth develop nutrition or physical activity-related community projects, tips, worksheets, handouts, discussion prompters and more.
- [Evaluating the Implementation of Playworks in Six Silicon Valley Schools](#)
  - “The goal of *Playworks* (formerly Sports4Kids) is to address the physical, emotional and cognitive needs of elementary school children by coordinating full-day play and physical activity programming—during lunchtime, recess and after school—taught from a framework of youth development” (*Playworks*). The following study presents findings regarding the implementation of this program in six Silicon Valley schools.
- [Fitness Integrated with Teaching Kids Act \(FIT Kids Act\)](#)
  - FIT Kids Act would require that all schools, districts, and states include the quantity and quality of physical education in the report cards currently sent to parents. This link provides a description of the act and links to legislative language.
- [Food Research and Action Center](#)
  - Information and guides for developing and implementing local school wellness policies.
- [Healthy Eating Active Communities \(California Convergence\) School Wellness Policies Resources](#)
  - Resource page with wellness policies for promoting both healthy food and physical activity in schools.
- [Healthy Eating Research](#)
  - This study presents the critical changes that need to occur to support physical activity in U.S. elementary schools.

- [Healthy Schools Healthy Youth](#)
  - This resource from the Centers for Disease Control and Prevention includes key strategies, programs, data, and other information for promoting youth health.
- [Healthier Students are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap](#)
  - This study of the Campaign for Educational Equity at Teachers College, Columbia University, examines the link between physical activity and academic performance. It provides information regarding the link between physical activity and academic achievement as well as strategies that schools can use to increase levels of physical activity and fitness.
- [Healthy Youth! Adolescent and School Health Tools](#)
  - Tools to help schools assess and improve their nutrition, physical activity, and general health policies and programs.
- [Healthy Youth! Nutrition, Physical Activity, and Childhood Obesity Local Wellness Policy Tools and Resources](#)
  - Resource list of local wellness policy tools and resources focusing on nutrition, physical activity, and childhood obesity.
- [Instant Recess by Dr. Toni Yancey](#)
  - Instant Recess is a 10-minute physical activity break designed for everyday use by anyone, anywhere, anytime, in any attire. This program promotes physical and mental fitness. It is especially geared toward segments of the population that are least active. The following link includes resources, from user guides and leader trainings to physical activity tips and best practices.
- [Leadership for Healthy Communities](#)
  - Offers a variety of tools and resources covering topics from wellness plans and physical education requirements to nutrition standards and the link between healthy bodies and academic achievement.
- [Missouri Coordinated School Health Coalition](#)
  - Multiple tools to serve public and private schools in making progress on the route to healthier nutrition and physical activity environments.
- [Model School Wellness Policies](#)
  - A compilation of various resources for local school wellness policies on nutrition and physical activity — addressing nutrition, physical activity promotion, marketing, monitoring, and policy review. Includes links to supporting organizations.
- [National Association for Sport and Physical Education – Let’s Move in School](#)
  - This resource has three main target audiences: parents, school administrators, and policymakers. It provides key facts regarding physical activity, resources for its implementation in school, and ways to get involved. This resource provides statistics on physical education programs, rates of

participation in physical activity by young people, percentage of overweight youth, guidelines for quality physical education, and comprehensive physical activity programs as well as links for parents, administrators, and policymakers to important documents and suggestions for becoming engaged in this effort.

- **National Policy and Legal Analysis Network to Prevent Childhood Obesity (NPLAN)**

- [Checklist for Developing a Joint Use Agreement \(JUA\)](#)
- [Resource page](#) with information regarding definition of a joint use agreement (also available in Spanish) including overview of how city, county, and local governments can partner with school districts using joint use agreements; liability for use of school property after hours explaining protections to help school districts minimize the risk of liability; a 50-state scan of laws addressing community use of schools, and a toolkit for increasing physical activity through joint use agreements.
- [How to Enforce a Wellness Policy: A Guide for Parents and Community Advocates](#)  
All public school districts nationwide are required to implement a “wellness policy” to promote student health. This fact sheet helps parents and community advocates ensure that their school district’s wellness policy is enforced.
- [Model Physical Activity Standards for Child-Care Providers](#) (for infant through preschool-age children).
- [Model Obesity Prevention Resolution](#) is designed to help communities implement policies to address the obesity epidemic by improving physical activity environments, healthy food access, and disparities in their community, as well as promote obesity prevention policies in their schools, parks and recreation, community and day care centers, the food and beverage industry, hospitals, and the workplace.

- **Network for a Healthy California**

- [Power Up for Learning is a supplement to the Children’s Power Play! Campaign’s School Idea & Resource Kits](#), and contains six activities to use during physical education time as well as 10 quick energizers to use in the classroom during the school day. Both activities and energizers are linked to California’s Physical Education Model Content Standards for fourth and fifth grades and support California Health Education Content Standards.
- [Tools for Learning, Fuel for Moving—Performance-Related Nutrition Instructional Materials for Physical Education and Physical Activity Programs](#). This tool is designed to be used for students from kindergarten through high school.

- **[Network for a Healthy California: Children’s Power Play! Campaign](#)**

- [School Idea and Resource Kits for 4<sup>th</sup> and 5<sup>th</sup> grades](#). Each kit includes 10 activities designed to encourage and motivate students to eat fruits and vegetables and be physically active every day. The activities link to the California Content Standards in English/Language Arts and Mathematics.

- [NFL Network: Keep Gym in School](#)
  - Campaign to increase access to in-school physical activity and to teach students the necessary skills to establish and sustain healthy lifestyles. Targets middle schools; resources include school adoptions and minicamps, fitness program, lesson plans, and a national grant program.
  
- [Project PA 2010](#)
  - Provides information and resources from promising practices underway in Pennsylvania, including farm to schools, school nutrition, and physical activity.
  
- [Save the Children: Campaign for Healthy Kids](#)
  - “Save the Children promotes literacy and healthy lifestyles for children in rural America by providing physical activity, healthy snacks and essential literacy skills to children through an integrated, structured school-based program” (Save the Children). The following study analyzes how to create healthy environments that support healthy lifestyles for children.
  
- [Sesame Street Toolkit](#)
  - A multimedia resource kit for the childcare community. Available in English and Spanish, it is designed to teach healthy lifestyles to preschool children from underserved communities.
  
- [SPARK PE](#)
  - This resource provides guides for implementing SPARK PE’s four evidence-based programs for incorporating physical education into student activities from kindergarten through high school. Each program includes a highly active curriculum.
  
- [Teachers for Healthy Kids](#)
  - This website provides information and resources for teachers who seek to incorporate low-cost or no-cost physical activity for their students.
  
- [Team Up for Youth](#)
  - This link provides resources for engaging youth in physical activity and provides an additional section providing guidance for engaging girls in physical activity. Further resources include tools for engaging youth in physical activity as well as links to other organizations participating in this effort.
  - [\*Playing Well: Organized Sports and the Health of Children and Youth\*](#). This monograph highlights how organized sports can play a critical role in the overall health and positive development of youth as well as the disparities that exist in accessing these programs.
  
- [YMCA of the USA: Pioneering Healthy Communities](#)
  - This website provides numerous resources, including guides, studies, and lessons learned, to encourage healthy lifestyles in young people and provide them with the opportunities to reverse the trends in physical activity and childhood obesity.
  
- **Case Studies**

The following case studies examine two successful initiatives, one led by an elementary school principal in Washington, D.C., and the other by school leaders in Naperville, Illinois.

- [Jammin' Minute](#) (RWJF Center, Summer 2010)

River Terrace Elementary in Washington D.C. suggests that even modest efforts to ensure students get daily physical activity can have overwhelmingly positive results, and create momentum for building a more comprehensive school wellness program in the longer term. This case study looks at the successful school-wide implementation of a simple one-minute fitness routine that schools can incorporate into students' daily schedule at any time.

- [Naperville](#) (RWJF Center, Summer 2010)

In a political climate where most public schools have reduced or eliminated P.E. entirely in response to budget cuts and increased pressure to improve academic test scores, Naperville High School in Illinois stands out as an anomaly. The school's already robust daily P.E. program is specifically designed around the notion that physical activity enhances rather than detracts from children's intellectual development. As the country confronts the dual challenge of childhood obesity and improving academic outcomes in our public schools, policymakers and educators can learn from Naperville's approach, which treats fitness, health, wellness, and classroom learning as holistically interdependent.