



Alliance  
for a  
**Healthier  
Generation**

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

# Alliance Task Cards

JOIN THE MOVEMENT! EMPOWERME2B.ORG



1. Skip to the New York Giants location; do 10 Jumping Jacks
2. Jog to the St. Louis Rams location; do 5 push-ups
3. Walk to the Seattle Seahawks location; do 10 sit-ups
4. Jump to the Denver Broncos location; hop on one leg 10 times
5. Gallop to the Tennessee Titans location ; do 10 toe touches
6. Walk on tip toes to the Arizona Cardinals location; pretend to kick a field goal three times
7. Run to the Philadelphia Eagles location; pretend to throw five touch-down passes
8. Walk backwards to the San Diego Chargers location; perform a touch-down dance
9. Speed walk to the Minnesota Vikings location; pretend to catch five touchdown passes
10. Hop to the New Orleans Saints location; pump your arms up in the air 10 times. You are the 2010 Super Bowl Champs!

empower ME

Founded by American Heart Association  

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## PA & Multiplication

1. Do 2x3 jumping jacks
2. Do 4x2 jump and twist
3. Do 3x3 toe touches
4. Do 5x1 cross knee touches
5. Do 4x4 single knee raises
6. Do 2x10 seconds of marching
7. Do 5x5 seconds of wall sits
8. Do 7x2 wall push ups
9. Do 1x8 side stretches
10. Do 2x6 lunges

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[HealthierGeneration.org/schools](http://HealthierGeneration.org/schools)

# Student Wellness

- 701** - Daily Recess (ES)
- 702** - Recess Before Lunch (ES)
- 703** - Physical Activity offered Before/Afterschool 20% of the Time (ES)
- 704** - Before/Afterschool staff received annual training(s) on physical activity and healthy eating
- 705** - Healthy Afterschool Snacks (ES/MS)
- 706** - Nutrition Education (ES/MS)
- 707** - Daily Physical Activity Breaks (ALL)
- 708** - Utilizing Community Resources (ALL)
- 709** - Connecting to Physical Activity in the Community (ALL)
- 710** - Walking and Biking to/from School (ALL)
- 711** - School policies and practices support that physical activity is not used for or withheld as punishment for students (ALL)
- 712** - Competitive Physical Activity (MS/HS)
- 713** - Non-competitive Physical Activity (MS/HS)
- 714** - Transportation Options (MS/HS)

# State of CT Teens

- 10% were obese
- 14% did not participate in at least 60 minutes of physical activity on any day during the 7 days before the survey
- 75% were physically active at least 60 minutes per day on less than 7 days during the 7 days before the survey
- 30% watched television 3 or more hours per day on an average school day
- 28% used computers 3 or more hours per day on an average school day

CDC 2009 YRBS, [www.cdc.gov/healthyyouth/yrbs/state\\_district\\_comparisons.htm](http://www.cdc.gov/healthyyouth/yrbs/state_district_comparisons.htm)

# How Active Should Young People Be?

Currently, the recommendation that is consistent across numerous leading scientific organizations:

*Among 6-19 year olds, 60 minutes of moderate to vigorous physical activity on most, if not all, days of the week*



# Why is Physical Activity Important?

- Children are less fit
- Children engage in behaviors contributing to cardiovascular risk factors
- Inactive children weigh more, have higher blood pressure and lower HDL
- Overweight and obese children often suffer from low self-esteem
- Physical activity produces overall physical, psychological and social benefits.
- Inactive children are likely to become inactive adults



# Moderate and Vigorous

Type of Physical Activity	Age Group	
	Children	Adolescents
Moderate-intensity aerobic	<ul style="list-style-type: none"> <li>• Active recreation, such as hiking, skateboarding, rollerblading</li> <li>• Bicycle riding</li> <li>• Brisk walking</li> </ul>	<ul style="list-style-type: none"> <li>• Active recreation, such as canoeing, hiking, skateboarding, rollerblading</li> <li>• Brisk walking</li> <li>• Bicycle riding (stationary or road bike)</li> <li>• Housework and yard work, such as sweeping or pushing a lawn mower</li> <li>• Games that require catching and throwing, such as baseball and softball</li> </ul>
Vigorous-intensity aerobic	<ul style="list-style-type: none"> <li>• Active games involving running and chasing, such as tag</li> <li>• Bicycle riding</li> <li>• Jumping rope</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as soccer, ice or field hockey, basketball, swimming, tennis</li> <li>• Cross-country skiing</li> </ul>	<ul style="list-style-type: none"> <li>• Active games involving running and chasing, such as flag football</li> <li>• Bicycle riding</li> <li>• Jumping rope</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as soccer, ice or field hockey, basketball, swimming, tennis</li> <li>• Vigorous dancing, cross-country skiing</li> </ul>

# NFL Play 60 Challenge

- 1 Football Captain In Charge:** Choose a student volunteer to start leading a physical activity by his/her desk. After 20 seconds, the Captain chooses another leader. Students can be creative or use basic activities such as jumping jacks, marching in place, etc.
- 2 Rock, Paper, Scissors with Legs:** Students play a traditional game of Rock, Paper, Scissors with their feet. Jump 3 times with feet together and then choose position: rock = feet together; paper = feet apart; scissors = one foot forward/one foot back. Students play best out of three with a classmate and then find a new partner to challenge.
- 3 Referee Makes the Call:** The teacher calls out a movement slowly at first and then speeds up, varying the order and length of activity. Suggestions for activities are: seat kicks, high knees, quick steps, 1/4 turn in place, 1/2 turn in place.
- 4 Day at the Stadium:** Act like you are going to an NFL Stadium without having to leave the classroom! Get out of your car, walk through the turnstile, walk up stadium steps, squat at seat, team scores—signal touchdown and jump up and down, give 5 people a “high 5” since you won the game, walk down the stadium steps, walk through the parking lot, get back into your car. Repeat activity.
- 5 Stadium Seat Moves:** Students do the following moves while seated in their chair: the rumble (stomp feet on floor as quickly as possible), pretend to throw 5 penalty flags, YMCA (make letters with arms), shoulder shrugs, extend legs in front, pass popcorn down the row, wave at the camera with both arms, nervous fan (cross one ankle over the opposite knee, alternate 10 times).

[http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Resources\\_UCM\\_304758\\_Article.jsp](http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Resources_UCM_304758_Article.jsp)

# Impact On Student Achievement

- Students who are more physically fit are more likely to do well on state standardized tests, have better attendance, and have fewer disciplinary problems at school.
- 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.



- ❖ *Texas Education Agency. Physically Fit Students More Likely to Do Well in School. 2009*  
[ritter.tea.stste.tx.us/press/09fitnessresults.pdf](http://ritter.tea.stste.tx.us/press/09fitnessresults.pdf)
- ❖ *Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.*

# Leaping the Barriers

- Provide resources and strategies to implement PA breaks
- Lots of movement can be created with little and/or no equipment
- Use creativity and positive attitudes
- Practice - Try it at least 10 times
- Be persistent and it will become routine



# Tips to Use

- Participate with students
- Connect to academic concepts
- Use start and stop signals
- Utilize music
- Use physical activity alarms
- Use DVDs for PA breaks
- Assign students to produce physical activity videos
- Create fun competitions among grade levels
- Student surveys



# JAMmin' Minute®

Secs	Workout Routine: Standing Exercises
10	March legs and pump arms over head
10	Bend forward, pump arms & run in place (sprint)
10	Alternate: Right elbow to left knee & switch
10	Bend forward, pump arms & run in place (sprint)
10	Pump arms and jog in place

## Health-E-tip

**Show Your Support.** On Friday, Feb. 4 wear something red, have lunch with a group of friends and talk about what you can do to keep your heart healthy or simply talk to five other people about heart health to support heart month and raise awareness about this important topic.

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.



Health-E-tips

# JAM Blast®

Featured Athlete: **Drew Brees, Quarterback/New Orleans Saints**



Drew says:

*"People always say strive to be your best. But, I say push past what you perceive your limits to be and you will achieve greatness. A strong body is the foundation of any and all successes, no matter where you are or what you do. Victories, large and small, come in a constant stream if your body is prepared."*

**Name:** Drew Brees **Number:** 9 **Position:** Quarterback **Team:** New Orleans Saints  
**Height:** 6-0 **Weight:** 209 **Birthdate:** January 15, 1979  
**Birthplace:** Austin, TX **College:** Purdue  
**Fact:** MVP of Super Bowl XLIV & SI's 2010 Sportsman of the Year

*Strong legs help give you the power to perform every other physical task you want your body to do."*

Mins	Train Like an Athlete
1	Stand facing chair, alternate tapping your right then left foot on the seat
1	Balance on left foot, lower and raise back up using left leg only
1	Balance on right foot, lower and raise back up using right leg only
1	Feet together, lower into "chair" position and hold
1	Bend forward, reach for your toes & hold, release and repeat

## Eat Like an Athlete

*"I drink water with every meal. And I have a lot of allergies so I am big on soy products like soy burgers, soy milk, soy yogurt and soybeans."*

[www.jamschoolprogram.com](http://www.jamschoolprogram.com)

# Adventure to Fitness

1. [www.adventuretofitness.tv](http://www.adventuretofitness.tv)
2. Create an account
3. Click on “play” to view new episode or past adventures



**LOOKING TO INCREASE CLASSROOM PHYSICAL ACTIVITY?**

ADVENTURE TO FITNESS, THE NATION'S TOP CLASSROOM PHYSICAL ACTIVITY RESOURCE, STREAMED STRAIGHT INTO THE CLASSROOM AND FREE TO ALL K-5 CLASSROOM TEACHERS.

**STRAIGHT FROM THE CLASSROOM**

**THE CHALLENGE - AS SEEN BY TEACHERS**

- There isn't enough time in my day to get everything done.
- My students are less active, have more discipline issues, and they're gaining weight.
- I'm not a PE teacher, so how do I know if I'm providing the proper activity my students need?
- We don't have funds for a \$4 million dollar classroom resource.

**THE ADVENTURE TO FITNESS SOLUTION - TEACHER FEEDBACK**

- Being aligned to State Standards gives me the ability to easily fit this into my schedule.
- My students love it. They are completely engaged while learning and getting fit.
- This program opened up 30 minutes of my day to plan lessons, grade papers, and sometimes I even workout with my kids.
- Now I easily provide quality physical activity while students burn off energy and concentrate better for the rest of the day.
- I love Adventure To Fitness as much as my kids do! With one click we're active and learning, plus it's free.

*For a brief overview, please visit*

# Physical activity breaks can be infused into ANY school setting

- Give students permission to move
- Integrate physical activity into lesson plans, subject areas and academic enrichment
  - MI Team Nutrition book list (Apple Fractions)
  - Alliance Task Cards
  - NC Elementary Energizers
  - SPARK Exercise Equations
  - Play 60 In-School Physical Activity Breaks



# Active Academics K-5

## Search Results:

**Legend**

-  Large Open Space is needed
-  Suitable for classroom space
-  Resources are available

Activity Space	Title	Grade Level	Content Area
	Name Acrostic Poem	3	Physical Education, Reading/Language Arts
	How Should I Move?	3, 4, 5	Reading/Language Arts
	Are We Alike?	3	Physical Education, Reading/Language Arts
	Vocabulary scramble	3, 4	Reading/Language Arts
	Spelling Vocabulary Relay	3, 4	Reading/Language Arts
	Spelling Words Relay	2, 3, 4	Reading/Language Arts
	Spelling Mix-Up	2, 3, 4	Classroom Energizers, Reading/Language Arts

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

# KidsHealth

## Incorporating PA into the Classroom

[http://kidshealth.org/kid/kh\\_misc/bfs\\_elementary\\_excises.html](http://kidshealth.org/kid/kh_misc/bfs_elementary_excises.html)

The screenshot shows the KidsHealth website interface. At the top, there are navigation tabs for 'For Parents', 'For Kids', and 'For Teens'. The main header features the KidsHealth logo and the text 'from Nemours'. A search bar is located below the logo. A vertical sidebar on the left contains a list of menu items: Kids Home, Feelings, Staying Healthy, Illnesses & Injuries, How the Body Works, Growing Body & Mind, Kids Talk, Cooking & Recipes, People, Places & Things That Help, Staying Safe, Movies & Games, Health Problems, Kids' Dictionary of Medical Words, Health Problems of Grown-Ups, and En Español. The main content area is titled 'Easy Elementary Exercises' and features a photo of five children jumping joyfully. Below the title, there is a breadcrumb trail: 'KidsHealth > Kids > KH Misc > Easy Elementary Exercises'. To the right of the breadcrumb trail are options for 'Text Size' (AAA) and 'Print'. A 'Listen' button with a speaker icon is present. The main text reads: 'It's easy to help preschoolers and elementary students get the hour of daily physical activity they need. KidsHealth in the Classroom from Nemours offers free lesson plans to get kids active during the school day.' Below this text is a bulleted list of resources: 'For preschoolers: Healthy Habits for Life Resource Kit: Get Moving! (in partnership with Sesame Street)'; 'Hábitos saludables para todo la vida: ¡A moverse! (in partnership with Sesame Street)'; 'For preK to grade 2: Teacher's Guide: Fitness'; and 'For grades 3 to 5: Teacher's Guide: Fitness'. A paragraph follows: 'The three videos below, from Nemours Health and Prevention Services, show how teachers can incorporate daily physical activity in their classrooms and throughout their schools.' Below the text is a video player showing a teacher leading a physical activity in a classroom. The video player has a progress bar and a timestamp of 00:49 / 02:38. At the bottom left of the page, there is a promotional banner for 'What other kids are reading.' with a link to 'The New York Giants: Eating for Performance' and another link for 'Girls, Boys, and...'. The footer of the page features logos for the Alliance for a Healthier Generation, the American Heart Association, and the Clinton Foundation.

# Withholding Recess

- Doesn't work
  - Same children tend to miss all or part of recess daily
  - Threat of missing recess is ineffective
- Practice of withholding recess may be more punishment for the teacher



# Struggling with Secondary Students

- Start informally
- Not cool
- Embarrassed
- Not age appropriate
- No student buy in
- Teachers don't participate (do as I say....)
- Boring



# FastBreak Fitness Breaks Toolkit

FITNESS BREAKS  
TIP-OFF

1 1

## hop on one leg

Take off on one foot and land on the same foot multiple times.



FITNESS BREAKS  
PRE-GAME

3

## knee raise

Stand tall, lift one knee up towards the chest and hold. Alternate knees.



[Empowerme2b.org/fitnessbreaks](https://Empowerme2b.org/fitnessbreaks)

# Moving It in Wyoming!

Wellness coordinator Kristina Honken leads a class in crunches during a five-minute exercise session on Friday morning at Roosevelt High School in Casper, WY. Quick exercise sessions help energize students and keep them alert during the school day, according to Honken.

Kristina Honken entered the portable classroom with a huge smile on her face. A dozen high school juniors stared back at her and slowly rose out of their seats.

**"The exercise lady is here," one student said.**

"All right, what are we doing today?" Honken asked, fanning a deck of playing cards printed with various exercise moves. Five students each picked a card and Honken led the class into the first move -- the bear crawl.



# Eat Smart Move More - Classroom Energizers



- Home
- About Us
- News
- Success Stories
- NC's Plan
- Obesity Burden
- Key Behaviors
- Programs & Tools
- Contacts
- Media
- Funding
- Data
- The Evidence

### Energizers for Middle School

Who is it for?	How do you get it?	How is it used?
Classroom teachers. Can also be used by anyone wanting to add physical activity to a meeting.	This resource can be downloaded on this page.	Energizers are used in classrooms to provide students an opportunity to be physically active.

Energizers are classroom based physical activities that help teachers integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide physical activity to children in accordance with the request from the North Carolina State Board of Education's Healthy Active Children Policy.

-  [Healthful Living Energizers](#)
-  [Language Arts Energizers](#)
-  [Math Energizers](#)
-  [Music Energizers](#)
-  [Science Energizers](#)
-  [Social Studies Energizers](#)

# Tips for Success



- Ask students to lead or create breaks
- Let students choose appropriate music
- Explain the why of classroom PA
- Participate with your classes
- Model enthusiasm (fake it if you don't feel it 😊)
- Persistence
- Create a student committee
- Drop-in recess activities or open gym so they can be active during their lunch or free periods
- Walk and...study, discuss, debate or recite
- Make it FUN!!

# PE Teachers are Great Resources

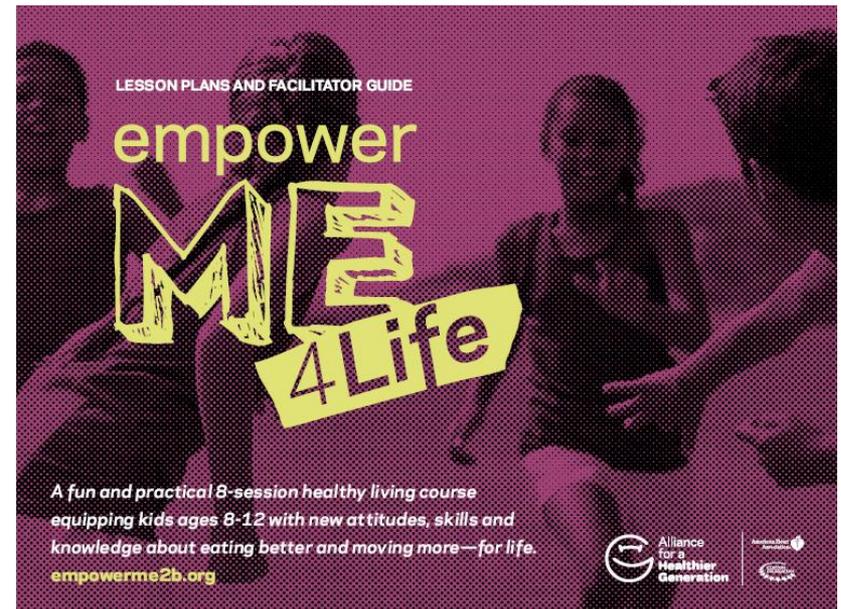
- Provide training and ideas for classroom teachers
- Create a school challenge for PA
  - Walking challenge
  - Movement challenge
  - Wii / Dance competition
- Lead activities:
  - at the beginning of the class
  - during homeroom or advisory period
  - during a mid-block break



# empowerME4Life

## Afterschool Healthy Living Curriculum

- 8 fun interactive sessions
- 45 minutes per session
- Developed for 8-12 year-olds
- Meant to be facilitated by adult allies or teen leaders
- Facilitator notes throughout each session as a guide
- Course employs various teaching and learning strategies



# Student Wellness Webpage

At School

At Home

At the Doctor

In the Community

In Business

Success Stories

About Us

Healthy Snacks and School Meals

Physical Activity and Education

School Employee Wellness

Awards and Success Stories

Resources and Tools

Healthy Schools Builder

## Physical Activity

### News, Tips and Ideas

- ▶ [Activity Enhances Learning](#)  
Integrate physical activity into the school day to promote learning.
- ▶ [Fitness Toolkit Makes Indoor Fitness Fun](#)  
Make indoor recess and physical activity fun with the Healthy Schools Program's Fitness Toolkit.
- ▶ [Get Up and Get Moving](#)  
Integration of movement in secondary core content classes can increase physical activity throughout the day.
- ▶ [Be an Action Hero!](#)  
Tips to model positive physical activity.
- ▶ [Investigate Intramurals!](#)  
Develop an intramural program to get kids active after school!
- ▶ [The Case for Recess in Our Schools](#)  
Bringing recess back to the school day so that everyone benefits.
- ▶ [Physical Activity's Positive Effect on Learning](#)  
New Jersey Safe Routes to School article features interview with Lisa Perry.
- ▶ [Increasing Afterschool Physical Activity](#)  
The benefits of introducing non-competitive physical activity in the afterschool setting.

### Helpful Tools

*From the Healthy Schools Program*

- ▶ [Physical Activity Toolkit](#)
- ▶ [Indoor Fitness Trail](#)
- ▶ [Success Stories](#)

### Resources

- ▶ [Physical Activity and Academics](#)
- ▶ [After School Archery Program](#)
- ▶ [PlayWorks](#)
- ▶ [JAM \(Just-a-Minute\) School Program](#)
- ▶ [Teacher Toolbox](#)
- ▶ [NFL Play 60 Challenge](#)
- ▶ [Middle School Energizers](#)

[www.healthiergeneration.org/physicalactivity](http://www.healthiergeneration.org/physicalactivity)

# Join the Healthy Schools Program

Go to [www.HealthierGeneration.org/schools](http://www.HealthierGeneration.org/schools) and click on **Join Now** in the light blue box on the right (*Leader, Contributor or Supporter*)

healthy schools program

**Home**

- ▶ **How It Works**
- ▶ **Wellness in Schools**
- ▶ **6 Step Process**

QUESTIONS?  
[Contact the Help Desk!](#)

**SUPPORT OUR WORK**  
Help cultivate a healthier generation of children today, so that we will have a healthier America

## What is the Healthy Schools Program?

Based on a framework created in partnership with the American Heart Association, the Alliance for a Healthier Generation created a program to fight the childhood obesity epidemic by helping schools provide healthier food choices and keep kids physically active.

**Ready to discover more?**  
[Learn how it works](#) or [learn about wellness aspects for schools.](#)

**Help create a healthy school environment for our kids!**  
Start the Healthy Schools Program in your school, or support other schools in the program. **It's free!**  
**Join us today!**

**Please log in below.**  
E-mail address:   
Password:   
**Log In** [Forgot Password?](#)

# Lessons Learned

- Provide resources and strategies to implement PA breaks
- Lots of movement can be created with little and/or no equipment
- Physical activity “alarms” and/or during announcements
- Put the students in charge of PA
- Expand PA opportunities by providing clubs, open gym and intramural sports
- Use creativity and positive attitudes
- Try it at least 10 times and be persistent



“You don’t **stop playing** because you **grow old**  
you **grow old** because you **stop playing!**”



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