

Student Wellness Resources

- **Healthy Schools Program Resource Database** for more physical activity implementations ideas, tools and curriculums. When searching the database, choose PA or BA and then choose national resources. www.healthiergeneration.org/schools
- Find **Student Wellness webpages** at www.healthiergeneration.org/physicalactivity and www.healthiergeneration.org/afterschool
- **The Alliance's Indoor Fitness Toolkit** You could simply put the signs up in the classrooms, hallways, cafeteria, etc. and use music to signal a change of stations. http://www.healthiergeneration.org/uploadedFiles/For_Schools/09-877.pdf
- **Paul Pierce Fast Breaks** - (you'll need to sign in to access the videos) on that page look for NEW RESOURCE! Fitness Breaks Video with NBA All-Star Paul Pierce Get Up, Get Active and Get Educated! The Alliance worked with its National Athlete Spokesperson, NBA All-Star Paul Pierce to create six energizing fitness breaks students can do anywhere. The activities require no equipment and are perfect for all ages. <http://www.healthiergeneration.org/schools.aspx?id=3911>
- **ABC for Fitness Activity Bursts in the Classroom** - This program shows schools how to restructure physical activity into multiple, brief episodes of activity into classrooms throughout the day without taking away valuable time for classroom instruction. <http://www.turnthetidefoundation.org/AbcFitness.aspx>
- **Jammin' Minutes** – New physical activities emailed to you once a month www.jamschoolprogram.com
- **PlayWorks Playbook** - http://www.playworksusa.org/files/Playbook_final_for_print_09-10.pdf
- **NASPE Teacher Toolbox** - <http://www.aahperd.org/naspe/publications/teachingTools/toolbox>
- **North Carolina Middle School Energizers** - <http://www.eatsmartmovemorenc.com/Energizers/Middle.html>
- **Afterschool Physical Activity Website** - www.afterschoolpa.com/home.html#
- **Michigan Brain Breaks** - <http://www.emc.cmich.edu/brainbreaks>
- **FitDeck Cards** - http://www.fitdeck.com/56_cards_junior.php
- **empowerME4Life Healthy Living Curriculum** <http://www.empowerme2b.org>
- **North Carolina Intramural Sports Handbook** - <http://www.fitkidsnc.com/ResourcesForIntramurals.pdf>
- **Guidelines for AS Physical Activity and Intramural Sport Programs, NASPE** - www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf