

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Physical Activity and Physical Education

This list contains online resources for physical education and physical activity. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

Contents

Behavior Management	2
Classroom Physical Activity	3
Data and Trends	4
Evaluating Physical Education	5
Guidelines and Standards	6
Limiting Screen Time	9
Physical Activity Before and After School	10
Promoting Physical Activity	11
Recess	12
Safe Routes to School	14



For more information on physical activity, visit the CSDE's [Physical Education](#) Web page or contact Dr. Jean Mee at jean.mee@ct.gov or 860-807-2016. For information on nutrition, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator at susan.fiore@ct.gov or 860-807-2075

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesPA.pdf.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, Levy.Gillespie@ct.gov.

Behavior Management

Behavior Management

Center for Mental Health in Schools. <http://smhp.psych.ucla.edu/>

Center on the Social and Emotional Foundations for Early Learning. www.vanderbilt.edu/csefel/

Classroom Management. National Education Association. www.nea.org/tools/ClassroomManagement.html

Collaborative for Academic, Social and Emotional Learning. <http://casel.org/>

Good Behavior Game (GBG). A classroom management strategy for decreasing aggressive/disruptive behavior in grades 1-2. www.interventioncentral.org/index.php/classroom-mangement/131-good-behavior-game

Intervention Central. Tools and resources to help school staff and parents to promote positive classroom behaviors and foster effective learning for all children and youth. www.interventioncentral.org/

Make Your Day Program. www.makeyesterday.com/mydhome.html

National School Climate Center. www.schoolclimate.org/climate/

Physical Activity Used as Punishment and/or Behavior Management (NASPE Position Statement). National Association for Sport and Physical Education, 2009.

www.shapeamerica.org/advocacy/positionstatements/pa/loader.cfm?csModule=security/getfile&pageid=4737

Positive Behavioral Interventions and Supports. www.pbis.org/

Reducing Behavior Problems in the Elementary School Classroom. Institute of Education Sciences, U.S. Department of Education, 2008. http://ies.ed.gov/ncee/wwc/pdf/practiceguides/behavior_pg_092308.pdf

Responsive Classroom. www.responsiveclassroom.org/

The Whole Child. The Association for Supervision and Curriculum Development. www.wholechildeducation.org/

◀ [Return to Contents](#) ▶

Classroom Physical Activity

Classroom Physical Activity

ABC for Fitness (Activity Bursts in the Classroom). David Katz, M.D., Yale University School of Medicine.
www.davidkatzmd.com/abcforfitness.aspx

Active Academics. Provides practical ideas to classroom teachers (grades K-5) for integrating physical activity throughout the school day in math, reading/language arts, health/nutrition and physical education. Lesson ideas are short "10 minute or less" activities that get students moving while practicing content standards in a variety of subject areas.
www.activeacademics.org/

Brain Breaks: A Virtual Physical Activity Idea Book for Elementary Classroom Teachers. Central Michigan University Educational Materials Center. www.emc.cmich.edu/EMC_Orchard/brain-breaks

Brain Gym. Edu-Kinesthetics, Inc. Resources available for purchase on classroom-based physical activities that integrate physical activity with academic concepts. www.braingym.com/

Classroom Exercise Breaks for Elementary Students. KidsHealth, The Nemours Foundation.
<http://kidshealth.org/parent/educator/elementary-exercises.html>

Energizers: Classroom-based Physical Activities for Grades K-2. East Carolina University. www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf

Energizers for Nutrition Education. University of Minnesota Extension. www.extension.umn.edu/family/health-and-nutrition/toolkits-and-resources/energizers-for-nutrition-education/docs/energizers-all.pdf

Mind and Body. Activities for the Elementary Classroom, Montana Office of Public Instruction, June 2003.
www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/MindBody.pdf

Move-To-Improve. New York State Department of Education. A classroom-based curriculum to increase physical activity among students in grades K-5. <http://schools.nyc.gov/Academics/FitnessandHealth/MoveImprove/default.htm>

*TAKE 10!*TM International Life Sciences Institute (ILSI) Center for Health Promotion. A classroom-based physical activity program for kindergarten to fifth grade students. Available for purchase at <http://take10.net/>

[◀ Return to Contents ▶](#)

Data and Trends

National Adolescent and Young Adult Health Information Center. Web site with resources on health statistics and information for adolescents and young adults. <http://nahic.ucsf.edu/>

National Survey of Children's Health. The Data Resource Center for Child and Adolescent Health, Child and Adolescent Health Measurement Initiative, Oregon Health and Science University. Searchable database on a broad range of topics relating to children's health and well-being. www.childhealthdata.org/learn/NSCH

Physical Activity Data and Statistics. Centers for Disease Control and Prevention. www.cdc.gov/physicalactivity/professionals/data/index.html

Physical Activity and Health Fact Sheets. Centers for Disease Control and Prevention. Physical activity data on adolescents and young adults, adults, older adults, persons with disabilities and women. Includes key messages, physical activity facts and benefits, and suggestions for communities. www.cdc.gov/nccdphp/sgr/fact.htm

Physical Activity and the Health of Young People Fact Sheet. Centers for Disease Control and Prevention, July 2006. www.cdc.gov/HealthyYouth/physicalactivity/index.htm

Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth. Centers for Disease Control and Prevention. December 2012. www.health.gov/paguidelines/

Physical Activity Topics. Centers for Disease Control and Prevention. www.cdc.gov/HealthyYouth/physicalactivity/publications.htm

School Health Policies and Programs Study – SHPPS. Centers for Disease Control and Prevention. National survey periodically conducted to assess school health policies and programs at the state, district, school and classroom levels. www.cdc.gov/HealthyYouth/shpps/index.htm

Shape of the Nation Report, Status of Physical Education in the USA. Society of Health and Physical Educators. Summarizes the status of physical education in American schools. www.shapeamerica.org/advocacy/son/

Supporting/Defending Your PE Program. Articles and resources supporting physical education. www.pecentral.org/professional/defending/research.html

The Effects of Physical and Outdoor Play on Young Children's Development. Eastern Connecticut State University, 2011. Resources and research on the benefits to children's physical, cognitive and social and emotional development, including an annotated bibliography, a comprehensive literature review and research-into-practice briefs on a variety of topics aimed at Head Start providers and other teachers of young children. www.easternct.edu/cece/physical_play_abstract.html

Youth Risk Behavior Surveillance System (YRBSS). Centers for Disease Control and Prevention. The YRBSS includes national, state and local school-based surveys of representative samples of 9th through 12th grade students. These surveys are conducted every two years to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States, including: tobacco use; unhealthy dietary behaviors; inadequate physical activity; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; and behaviors that contribute to unintentional injuries and violence. www.cdc.gov/HealthyYouth/yrbs/index.htm

◀ [Return to Contents](#) ▶

Evaluating Physical Education

School Physical Education Checklist – How Does Your Program Rate? National Association for Sport and Physical Education, 2009. An assessment tool that allows schools (including principals, teachers and others) to assess their current physical education programs through 15 quick questions. Also includes an action plan worksheet to guide schools in developing short- and long-term objectives for physical education. www.cahperd.org/cms-assets/documents/Toolkit/NASPE_Advocacy_Toolkit/5282-633523.schoolpeprogramchecklist.pdf

Physical Activity Evaluation Handbook. U.S. Department of Health and Human Services Centers for Disease Control and Prevention, 2002. Outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies and additional evaluation resources. www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf

Physical Education Curriculum Analysis Tool. Centers for Disease Control and Prevention, 2006. Helps school districts conduct a clear, complete and consistent analysis of written physical education curricula, based upon national physical education standards. www.cdc.gov/healthyyouth/pecat/

Physical Education Teacher Evaluation Tool. National Association for Sport and Physical Education, 2007. This tool identifies the knowledge, skills and behaviors needed to provide sound instruction in the K-12 physical education classroom. Its purpose is to assist principals and school district curriculum specialists who evaluate physical education teachers as well as to guide physical education teachers in reflection and self-assessment and serve as an instruction tool in college/university physical education teacher education programs. www.michigan.gov/documents/mde/NASPETool_212381_7.pdf

School Health Index for Physical Activity and Healthy Eating – A Self-Assessment and Planning Guide. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2014. www.cdc.gov/healthyschools/shi/index.htm

[◀ Return to Contents ▶](#)

Guidelines and Standards

Guidelines and Standards

- Active Start. A Statement of Physical Activity Guidelines for Children Birth to Age 5, 2nd Edition.* Shape America, Society of Health and Physical Activity Educators, 2009. www.shapeamerica.org/standards/guidelines/activestart.cfm
- Appropriate Instructional Practices for Elementary School Physical Education, 3rd Edition.* National Association for Sport and Physical Education (No Date). www.cahperd.org/cms-assets/documents/ToolKit/NASPE_ApproPrac/5287-207931.elementaryapproprac.pdf
- Appropriate Instructional Practices for High School Physical Education, 3rd Edition.* National Association for Sport and Physical Education (No Date). www.cahperd.org/cms-assets/documents/ToolKit/NASPE_ApproPrac/5288-573262.hsapproprac.pdf
- Appropriate Instructional Practices for Middle School Physical Education, 3rd Edition.* National Association for Sport and Physical Education (No Date). www.cahperd.org/cms-assets/documents/ToolKit/NASPE_ApproPrac/5289-666992.msapproprac.pdf
- Appropriate Practices for Movement Programs for Children Ages 3-5, 3rd Edition.* National Association for Sport and Physical Education (No Date). www.cahperd.org/cms-assets/documents/ToolKit/NASPE_ApproPrac/5286-668190.children3to5approprac.pdf
- At-a Glance: A Fact Sheet for Health Professionals on Physical Activity Guidelines for Children and Adolescents.* U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, June 2009. <http://health.gov/paguidelines/factsheetprof.aspx>
- Best Practices Program.* PE Central. Events/programs outside of the physical education curriculum that enhance the quality of physical education at school. www.pecentral.org/bp/index.html
- Bright Futures in Practice: Physical Activity.* National Center for Education in Maternal and Child Health, 2001. Provides developmental guidelines on physical activity for the periods of infancy through adolescence. Includes current information on screening, assessment and counseling to promote physical activity and to meet the needs of health professionals, families and communities. <https://brightfutures.org/physicalactivity/about.htm>
- Comprehensive School Physical Activity Programs. A Guide for Schools.* Centers for Disease Control and Prevention, 2013. www.cdc.gov/healthyyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf
- Evidence Based Physical Activity for School-Age Youth.* Strong et al. The Journal of Pediatrics, June 2005. Presents results of a systematic evaluation of evidence dealing with the effects of regular physical activity on several health and behavioral outcomes in US school-age youth. www.ncbi.nlm.nih.gov/pubmed/15973308
- Fit, Healthy and Ready to Learn: Chapter D Policies to Promote Physical Activity and Physical Education.* National Association of State Boards of Education, 2012. www.nasbe.org/wp-content/uploads/FHRTL-D_Physical-Activity-NASBE-November-2012.pdf
- Guidelines for After-School Physical Activity and Intramural Sports.* National Association for Sport and Physical Education, 2001. NASPE's recommendations for planning and implementing after-school physical activity and intramural programming for children in grades K–12. www.statewideafterschoolnetworks.net/guidelines-after-school-physical-activity-and-intramural-sport-programs
- Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People.* Centers for Disease Control and Prevention, 1997. Identify strategies most likely to be effective in helping young people adopt and maintain a physically active lifestyle. www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm
- Health, Mental Health and Safety Guidelines for Schools (Chapter E Physical Education).* American Academy of Pediatrics and National Association of School Nurses. This compendium of guidelines is designed for those who influence the health, mental health and safety of students and school staff members while they are in school, on school grounds, on their way to or from school or involved in school-sponsored activities. They draw upon school health and safety guidelines and can assist in developing health and safety objectives. www.nationalguidelines.org/
- Healthy and Balanced Living Curriculum Framework.* Connecticut State Department of Education, 2006. Curriculum guidance for comprehensive school health education and comprehensive physical education PK-12. www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf
- Moving into the Future. National Standards for Physical Education, 2nd Edition.* National Association for Sport and Physical Education, 2004. www.amazon.com/Moving-Into-The-Future-Standards/dp/0883149095 (available for purchase)

Guidelines and Standards

- National Framework for Physical Activity and Physical Education.* Centers for Disease Control and Prevention, 2013.
www.cdc.gov/healthyyouth/physicalactivity/pdf/National_Framework_Physical_Activity_and_Physical_Education_Resources_Support_CSPAP_508_tagged.pdf
- National Guidelines and Standards.* Healthy School Meals Resource System, U.S. Department of Agriculture.
<http://healthymeals.nal.usda.gov/taxonomy/term/1014/all/feed>
- Opportunity to Learn Guidelines for Elementary School Physical Education, 3rd edition.* Shape America, Society of Health and Physical Activity Educators, 2010. Addresses program elements essential for providing a full opportunity for students to learn physical education in elementary school. Includes a self-evaluation checklist that can be used in planning, evaluation, program development and advocacy efforts by anyone interested in the availability of quality physical education at the elementary level. www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-Elementary-School-Physical-Education-3rd-Edition (available for purchase)
- Opportunity to Learn Guidelines for High School Physical Education, 3rd edition.* Shape America, Society of Health and Physical Activity Educators, 2010. Describes the elements that a quality high school physical education program needs in order for all students to have full opportunity to meet content and performance standards.
www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-High-School-Physical-Education-3rd-Edition (available for purchase)
- Opportunity to Learn Guidelines for Middle School Physical Education, 3rd edition.* Shape America, Society of Health and Physical Activity Educators, 2010. Describes the elements that a quality middle school physical education program needs in order for all students to have full opportunity to meet content and performance standards.
www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-Middle-School-Physical-Education-3rd-Edition (available for purchase)
- Physical Activity for Children. A Statement of Guidelines for Children Ages 5-12, 2nd Edition.* National Association for Sport and Physical Education, 2004. www.shapeamerica.org/standards/guidelines/pa-children-5-12.cfm
- Physical Activity Guidelines.* Shape America, Society of Health and Physical Activity Educators. Links to resources on physical activity guidelines. www.shapeamerica.org/standards/guidelines/paguidelines.cfm
- Physical Activity Guidelines for Americans.* U.S. Department of Health and Human Services, 2008.
www.health.gov/PAGuidelines/
- Physical Best Activity Guide: Elementary Level, Third Edition.* National Association for Sport and Physical Education, 2011.
www.humankinetics.com/products/all-products/The-Physical-Education-for-Lifelong-Fitness---3rd-Edition (available for purchase)
- Physical Best Activity Guide: Middle/High School.* National Association for Sport and Physical Education, 2011.
www.humankinetics.com/products/all-products/Physical-Best-Activity-Guide:-Middle-and-High-School-Level-3rd-Ed (available for purchase)
- Physical Education.* Connecticut State Department of Education. Information on physical education curriculum, instruction, assessment and resources for Connecticut schools.
www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320886
- Physical Education: A Guide to K-12 Program Development.* Connecticut State Department of Education, 2000.
www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320982
- Physical Education Guidelines.* Shape America, Society of Health and Physical Activity Educators. Links to resources on physical education guidelines. www.shapeamerica.org/standards/guidelines/peguidelines.cfm
- Physical Education is an Academic Subject.* National Association for Sport and Physical Education, 2010.
www.cahperd.org/cms-assets/documents/22560-552336.peisanacademicsubject2010.pdf
- Promoting Physical Activity: A Guide for Community Action.* Centers for Disease Control and Prevention, 2010.
www.humankinetics.com/products/all-products/The-Promoting-Physical-Activity---2nd-Edition (available for purchase)
- Provide Opportunities for Active Play Every Day. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012.
www.teamnutrition.usda.gov/Resources/nutritionandwellness/opportunities_play.pdf
- School Policies on Physical Education and Physical Activity.* Active Living Research, Robert Wood Johnson Foundation, 2013.
<http://activelivingresearch.org/school-policies-physical-education-and-physical-activity>

Guidelines and Standards

The Community Guide. Promoting Physical Activity. Centers for Disease Control and Prevention.
www.thecommunityguide.org/pa/index.html

The President's Council on Physical Fitness and Sports. www.fitness.gov/

What Constitutes a Highly Qualified Physical Education Teacher? National Association for Sport and Physical Education, 2007.
www.shapeamerica.org/advocacy/positionstatements/pe/upload/What-Constitutes-a-High-Quality-Physical-Education-Teacher.pdf

Physical Activity Guidelines for Americans. Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, 2008. Science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. <http://health.gov/paguidelines/default.aspx>

[◀ Return to Contents ▶](#)

Limiting Screen Time

Limiting Screen Time

Center on Media and Children's Health. Children's Hospital Boston, Harvard Medical School and Harvard School of Public Health. www.cmch.tv/

Do More Watch Less. California Obesity Prevention Initiative, California Department of Public Health, 2006. A toolkit for afterschool programs and youth serving organizations to encourage tweens (ages 10-14) to incorporate more screen-free activities into their lives while reducing the time they spend watching TV, surfing the internet and playing video games. www.cdph.ca.gov/programs/schoolhealth/Pages/DoMoreWatchLessTVTool.aspx

Help Children Reduce Screen Time. U.S. Department of Health and Human Services. www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_screen_time.pdf

Limit Screen Time. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012. www.teamnutrition.usda.gov/Resources/nutritionandwellness/limitscreen.pdf

Media Matters Campaign. American Academy of Pediatrics. <http://www2.aap.org/advocacy/mediamatters.htm>

Reduce Screen Time Tools and Resources. U.S. Department of Health and Human Services. www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/tools-reduce-screen-time.htm

Reducing Children's TV Time to Reduce the Risk of Childhood Overweight: The Children's Media Use Study. Centers for Disease Control and Prevention, March 2007. This report highlights the results of a qualitative study with children and parents to better understand the barriers and opportunities for reducing children's time watching television. www.rocklandsteps.org/files/TV_Time_Highlights%5B1%5D.pdf

Tips to Reduce Screen Time. National Heart, Lung and Blood Institute. www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm

[◀ Return to Contents ▶](#)

Physical Activity Before and After School

Before and After-School School Physical Activity and Intramural Sport Programs. National Association for Sport and Physical Education, 2013. www.shapeamerica.org/admin/loader.cfm?csModule=security/getfile&pageid=4575 .

Guidelines for After-School Physical Activity and Intramural Sports. National Association for Sport and Physical Education, 2001. Recommendations for planning and implementing after-school physical activity and intramural programming for children in grades K–12. www.statewideafterschoolnetworks.net/guidelines-after-school-physical-activity-and-intramural-sport-programs

Healthy Out-of-School Time. National Institute for Out-of-School Time. www.niost.org/Standards-and-Guidelines

Moving More at School: Increasing Physical Activity Before and After School. Active Living Research, Robert Wood Johnson Foundation, 2012. Links to resources to promote physical activity before and after school. http://activelivingresearch.org/files/ALR.Resources.Summary_Schools_09.04.12.pdf

Promoting Physical Activity: A Guide for Community Action. Centers for Disease Control and Prevention, 1999. This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population’s understanding and skills, the social networks, the physical environments in which they live and work and the policies that most influence their actions. www.cdc.gov/nccdphp/dnpa/pahand.htm

Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers. U.S. Department of Health and Human Services , August 2006. www.niost.org/Research-Reports-and-Articles/promoting-physical-activity-and-healthy-nutrition-in-afterschool-settings

[◀ Return to Contents ▶](#)

Promoting Physical Activity

Promoting Physical Activity

ACES (ALL Children Exercising Simultaneously). Provides information and resources regarding participation in ACES, millions of school children all over the globe will exercise simultaneously on a designated date and time in May. <http://lensaunders.com/aces/aces.html>

Best Practices Program. PE Central. Events and programs outside of physical education curriculum that enhance the quality of physical education at school. www.pecentral.org/bp/index.html

Encourage Active Play and Participate with Children. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012. www.teamnutrition.usda.gov/Resources/nutritionandwellness/encourage.pdf

Fuel Up to Play 60. National Dairy Council and the National Football League. Interactive program to increase physical activity in schools. www.fueluptoplay60.com/

I am Moving, I am Learning — A Proactive Approach for Addressing Childhood Obesity in Head Start Children. U.S. Department of Health and Human Services, Office of Head Start. <http://eclkc.ohs.acf.hhs.gov/hslc/ta-system/health/healthy-active-living/imil>

Jump Rope for Heart. American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Educational fundraising event held each year in elementary schools nationwide. Jump Rope for Heart teaches students the benefits of physical activity, how to keep their heart healthy and that they can help save lives right in their own community. www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/jump-rope-sub-home_UCM_315609_SubHomePage.jsp

Hoops for Heart. American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. A basketball special event program for middle school students that engages kids in community service while promoting the benefits of lifelong heart-healthy lifestyles. www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/hoops-sub-home_UCM_315630_SubHomePage.jsp

Move to Learn. The Bower Foundation. Designed to help teachers raise student fitness levels and, in turn, raise student achievement. www.movetolearnms.org/

Moving More At School — Increasing Physical Activity Before, During and After School. Active Living Research, Robert Wood Johnson Foundation, September 4, 2012. www.activelivingresearch.org/files/ALR.Resources.Summary_Schools_09.04.12.pdf

No to Low-Cost Ways to Promote Physical Activity in the Childcare Setting. Iowa Department of Education, 2011. http://healthymeals.nal.usda.gov/hsmrs/Iowa/No_to_Low_Cost.pdf

President's Challenge. An interactive website to help all Americans build a regular physical activity routine. Kids, teens, adults and seniors can register free of charge as an individual or part of a group, then choose from over 100 physical activities and start tracking daily efforts in a personal log. www.presidentschallenge.org/

Promote Active Play through Written Policies and Practices. Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. U.S. Department of Agriculture, December 2012. www.teamnutrition.usda.gov/Resources/nutritionandwellness/promote_active.pdf

SPARK (Sports, Play and Active Recreation for Kids). SPARK's training and tools promise physical education classes that are more inclusive, active and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness and After School Recreation. www.sparkpe.org/index.jsp (fee for service)

VERB. It's What You Do. Centers for Disease Control and Prevention. Social marketing campaign to increase and maintain physical activity among tweens. www.cdc.gov/youthcampaign/index.htm

Working with Schools to Increase Physical Activity Among Children and Adolescents in Physical Education Classes: An Action Guide. Partnership for Prevention, 2008. www.cdc.gov/healthycommunitiesprogram/tools/

◀ [Return to Contents](#) ▶

Recess

- Barriers to Recess Placement Prior to Lunch in Elementary Schools.* National Food Service Management Institute, 2005.
<http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=125>
- Developing a School Recess Plan.* Board of Education of the City of Chicago, 2011.
www.cps.edu/News/Press_releases/Documents/DevelopingSchoolRecessPlan.pdf
- Elementary School Recess. Selected Readings, Games & Activities for Teachers and Parents.* The American Association for the Child's Right to Play. Assists elementary school teachers and parents in offering children in preschool through Grade 6 appropriate recess games and activities.
www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=ED471701&ERICExtSearch_SearchType_0=no&accno=ED471701
- Focus Groups Identify Barriers to Recess Placement Prior to Lunch in Elementary Schools.* Insight No. 30. National Food Service Management Institute. Summer 2006. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080313043342.pdf>
- International Play Association, USA Affiliate. Promoting the Child's Right to Play.* Resources on environments for play emphasizing universal access, leisure time facilities, programs that develop the whole child, play leadership training, toys and play materials. www.ipausa.org/
- NFSMI Best Practice Checklist for School Nutrition Professionals Implementing or Assessing Recess Before Lunch in Elementary Schools.* National Food Service Management Institute, 2009.
www.nfsmi.org/documentlibraryfiles/PDF/20090508013951.pdf
- Peaceful Playgrounds.* Commercial site with some free resources. <http://peacefulplaygrounds.com/>
- Playworks: Play and Recess to Support Social-Emotional Learning.* Tools to make recess fun, energetic, safe and inclusive for all children. www.playworks.org/
- Recess and the Importance of Play. A Position Statement on Young Children and Recess.* National Association of Early Childhood Specialists in State Departments of Education, 2002. <http://peacefulplaygrounds.com/pdf/right-to-recess/recess-importance-of-play.pdf>
- Recess Before Lunch.* Peaceful Playgrounds. Information and resources (some resources available for members only).
www.peacefulplaygrounds.com/recess-before-lunch.htm
- Recess Before Lunch. A Guide to Success.* Montana Office of Public Instruction, 2003 (Updated 2008).
<http://opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf>
- Recess Before Lunch Can Mean Happier, Healthier Kids.* Education World, 2009. www.education-world.com/a_admin/admin/admin389.shtml
- Recess Before Lunch. Playtime Before Lunchtime.* Action for Healthy Kids Washington, 2005.
www.eatsmart.org/client_images/recess_before_lunch_wa_final.pdf
- Recess for Elementary School Students (Position Statement).* National Association for Sport and Physical Education, 2006.
<http://files.eric.ed.gov/fulltext/ED497155.pdf>
- Recess/Recess Before Lunch.* Healthy Meals Resource System, U.S. Department of Agriculture. Links to resources on recess and recess before lunch. <http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/recess-recess-lunch>
- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools.* National Food Service Management Institute, Insight No. 24, Spring 2004. <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080225034510.pdf>
- Resources, Research and Supporting Information for Recess Before Lunch.* Montana Office of Public Instruction.
<http://opi.mt.gov/pdf/schoolfood/rbl/RBLResources.pdf>
- Right to Recess Campaign.* Peaceful Playgrounds. Includes access to toolbox with PowerPoint presentation, speakers notes and research to support daily, unstructured physical activity during school hours.
<http://peacefulplaygrounds.com/right-to-recess-campaign/>
- The Case for Elementary School Recess.* The American Association for the Child's Right to Play. This handbook offers parents, teachers and school administrators information that supports the need for elementary school recess.
www.peacefulplaygrounds.com/pdf/right-to-recess/the-case-for-recess.pdf

Recess

The Case for Recess in Our Schools. Alliance for a Healthier Generation. www.healthiergeneration.org/schools.aspx?id=4908

The Great Outdoors. Restoring Children's Right to Play Outside. National Association for the Education of Young Children, 1995. www.naeyc.org/store/node/92

Time out. Is recess in danger? The Center for Public Education, 2008. www.centerforpubliceducation.org/Main-Menu/Organizing-a-school/Time-out-Is-recess-in-danger

60 Alternatives to Withholding Recess. Peaceful Playgrounds. Includes rewards and discipline alternatives to withholding recess. <http://peacefulplaygrounds.com/60-alternatives-to-withholding-recess/>

◀ [Return to Contents](#) ▶

Safe Routes to School

Connecticut Safe Routes to School Program. www.ctsaferoutes.ct.gov/

International Walk to School Week. Information about a worldwide program to promote physical activity.
www.iwalktoschool.org/

KidsWalk-to-School. Centers for Disease Control and Prevention. www.cdc.gov/nccdphp/dnpa/kidswalk/

Pedestrian and Bicycle Information Center. A clearinghouse for information and resources regarding pedestrian and bicycle issues. www.bicyclinginfo.org and www.walkinginfo.org

Safe Routes. National Center for Safe Routes to School. www.saferoutesinfo.org/

Safe Routes to School. U.S. Department of Transportation. www.fhwa.dot.gov/environment/safe_routes_to_school/

Safe Routes to School Master Plan Guidelines. Connecticut Department of Transportation (No Date).
www.ct.gov/dot/lib/dot/documents/dtransportation_safety/safe_routes_school/connecticut_srts_plan_development_guidelines.pdf

Safe Routes to School National Partnership. <http://saferoutespartnership.org/>

Marketing and Promotions: Talking Points. National Center for Safe Routes to School. www.saferoutesinfo.org/program-tools/marketing-and-promotions-talking-points-0

Walkability Checklist. Partnership for a Walkable America, Pedestrian and Bicycle Information Center, U.S. Department of Transportation and U.S. Environmental Protection Agency (No Date). www.walkableamerica.org/checklist-walkability.pdf

[◀ Return to Contents ▶](#)