

Physical Activity in the Classroom

Resources for the Regional School Health Taskforce

Compiled April 2014



Making The Case

Do Short Physical Activity Breaks in Classrooms Work? (Robert Wood Johnson Foundation)

http://activelivingresearch.org/files/ALR_Brief_ActivityBreaks_Feb2013.pdf

Creating activity breaks at school, such as moving and stepping for up to 20 minutes at a time in the classroom during the school day, is a relatively new and innovative method for increasing physical activity among children. Several activity break programs already are available for teachers to use with children at different ages, and many of them have been evaluated. This brief summarizes the research on how programs that provide classroom physical activity breaks impact physical activity, on-task behavior, health, and related factors in children. This brief focuses on activity breaks conducted in the classroom, and does not cover physical education classes, recess, or physical activity breaks outside of schools.



Activity Breaks: A Promising Strategy for Keeping Children Physically Active at School (Research Brief from RWJ Foundation)

http://www.healthetips.com/upload/forms/form_13772369531.pdf

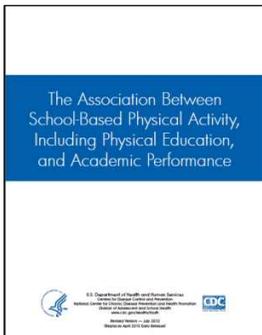
This brief examines the percentage of schools that provide physical activity breaks outside of physical education class and recess, including breaks for stretching, yoga, and other movement during and between classroom activities. It also examines the type and total duration of breaks and whether the use of activity breaks varies by school characteristics or by provision of other opportunities for activity.



The Association between School-Based Physical Activity, Including Physical Education, and Academic Performance. (Centers for Disease Control and Prevention, division of Adolescent and School Health, 2010)

http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

This review includes studies from a range of physical activity contexts, including school-based physical education, recess, classroom-based physical activity (outside of physical education and recess), and extracurricular physical activity. The purpose of this report is to synthesize the scientific literature that has examined the association between school-based physical activity, including physical education, and academic performance, including indicators of cognitive skills and attitudes, academic behaviors, and academic achievement.



Peer-Reviewed Literature

Bartholomew JB, Jowers EM. “Physically active academic lessons in elementary children”. *Preventive Medicine*. 2011;52(Suppl 1):S51-4.

Barr-Anderson DJ, AuYoung M, Whitt-Glover MC, Glenn BA, Yancey AK. “Integration of short bouts of physical activity into organizational routine: A systematic review of the literature”. *American Journal of Preventive Medicine*. 2011;40(1):76-93.

Donnelly JE, Lambourne K. “Classroom-based physical activity, cognition, and academic achievement”. *Preventive Medicine*. 2011; 52(Suppl 1): S36-42.

Mahar MT. “Impact of short bouts of physical activity on attention-to-task in elementary school children”. *Preventive Medicine*. 2011;52(Suppl 1): S60-4.

Kibbe DL, Hackett J, Hurley M, McFarland A, et al. “Ten years of TAKE 10!@: Integrating physical activity with academic concepts in elementary School classrooms”. *Preventive Medicine*. 2011;52(Suppl 1):S43-50.

CDC-Youth PA 2009 - Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion. Youth physical activity: The role of schools. Atlanta: Centers for Disease Control and Prevention (CDC); 2009.

Physically active classrooms incorporate physical activity breaks, classroom energizers, or moving activities into academic lessons. Physically active classroom efforts can be implemented within an existing curriculum.

Expected Beneficial Outcomes

- Increased physical activity
- Improved on-task behavior
- Improved academic achievement

Evidence of Effectiveness

- Strong evidence that physically active classrooms increase physical activity levels for students and moderately improve their on-task behavior and academic achievement (Kibbe 2011, Bartholomew 2011, Barr-Anderson 2011, Donnelly 2011).
- Classroom activity breaks modestly but consistently increase students’ physical activity levels (Barr-Anderson 2011).
- Students participating in classroom-based physical activities that incorporate academic concepts have significantly better improvements in on-task behavior than students in other classrooms (Mahar 2011).
- In some studies, students in physically active classrooms show greater improvements in their standardized test performance than students in comparison classrooms (Donnelly 2011, Kibbe 2011).
- Physically active classrooms are generally considered to be a low or no-cost approach to increasing students’ physical activity

Evidence Based Programs

Fuel Up To Play - <http://school.fueluptoplay60.com/home.php>

Grades: Elementary/Secondary

Program Type: Coordinated school health planning and implementation supports for students, faculty, & stakeholders

Cost: Free to Join, some resources available without registering for membership



Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council (NDC) and National Football League (NFL), with additional partnership support from U.S. Department of Agriculture (USDA). The program encourages youth to consume nutrient-rich foods (low-fat and fat-free dairy, fruits, vegetables and whole grains) and achieve at least 60 minutes of physical activity every day. Fuel Up to Play 60 is designed to engage and empower youth to take action for their own health by implementing long-term, positive changes for themselves and their schools. Customizable and non-prescriptive program components are grounded in research with youth, including tools and resources, in-school promotional materials, a website and student challenges. Fuel Up to

Play 60 is further supported by several health and nutrition organizations: Action for Healthy Kids, American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, National Hispanic Medical Association, National Medical Association and School Nutrition Association.

A link to suggested in-class activities can be accessed at:

http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf

JAM (Just a Minute) School Program - <http://www.jamschoolprogram.com/>

Grades: Elementary

Program Type: Tips and Resources

Cost: Free



Making Each Day a Little Healthier

The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools. JAM resources offer a weekly one-minute exercise routine called JAMmin' Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter called Health-E-tips.

Take 10! - <http://www.take10.net/>

Grades: Elementary

Program Type: Curricula-integrated in-class activity planning

Cost: \$82.00 per grade + S&H



The ILSI Research Foundation worked with education and health experts to develop TAKE 10!® in 1999 to promote structured, 10-minute activities in the elementary classroom. Each grade-specific kit is divided by academic content area: language arts, math, science, social studies and general health. TAKE 10! helps children understand the importance of fun, physical activity, and other healthful behaviors, including nutrition, while reducing sedentary behavior, improving attention, and promoting structured physical activity breaks during the school day.

Sample activity for 4th grade civics - <http://www.take10.net/pdf/4%20active%20citizen.pdf>

Kit Contents

Each TAKE 10!® kit includes:

39+ activity cards,

50+ copyable worksheets designed to reinforce learning objectives presented in the activity cards,

3 tracking posters with stickers to track activities and reward students,

Teacher resources to enhance implementation, and

Student health knowledge assessments and teacher program evaluations.

(82.00 per grade + S&H) - <http://take10.net/pdf/order%20form.pdf>

SPARK - <http://www.sparkpe.org/>

Grades: Elementary-Secondary

Program Type: Coordinated school health planning and support
(more of a basis in P.E., but some Physical Activity resources
as well)

Cost: \$99.00 for in-class activity curricula
\$299.00 for curricula + classroom equipment



SPARK is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students.

Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment.

See more at: <http://www.sparkpe.org/what-is-spark/#sthash.PN3g86Lm.dpuf>

SPARK is the ONLY program that can show scope and sequence for Pre-K through 12th grade (see it on-line at www.sparkpe.org) and alignment with national PE standards (NASPE – National Association of Health, Physical Education, Recreation and Dance). - See more at: <http://www.sparkpe.org/what-is-spark/10-things-you-should-know/#sthash.dmrMylaI.dpuf>

SPARK has been honored as an Exemplary Program of the U.S. Department of Education, cited in the Surgeon General’s Report as a “School-based solution to our nation’s healthcare crisis,” earned a “Governor’s Commendation,” and in 2005, was awarded “Gold” (highest ranking) for their elementary and middle school PE programs in an independent study commissioned by the Cooper Institute. SPARK is the ONLY program to earn “PE Gold” for grades K-8.

MA Phys. Ed curriculum standards alignment: <http://www.sparkpe.org/standards/MA.pdf>

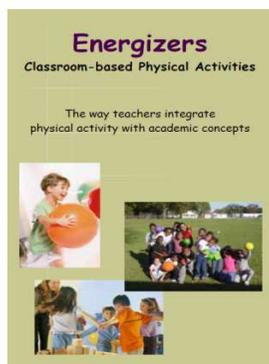
Toolkits/Suggestions/Resources

Energizers: Classroom-Based Physical Activities - <http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

Grades: Elementary

Product Type: Suggested Activities

Cost: Free



Developed by the East Carolina University Activity Promotion Laboratory Department of Exercise Science, College of Health and Human Performance.

Includes hints and tips for creating a physically active learning environment, specific physical activities, and teacher resources (60 pages)

Active Academics - <http://www.activeacademics.org/?pid=20&homepage>

Grades: Elementary

Product Type: Resource clearinghouse

Cost: Free



Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process.

Our standards-based activity ideas utilize the Common Core Standards as well as national standards. We offer a variety of activities for PreK - 5th grade classrooms including:

- Active lesson ideas to enhance the learning of content in math, reading / language arts, health, physical education, science and social studies
- Classroom Energizers that are simple ideas to give students a "moving break" from classroom activities
- Recess and lunchtime break activities that are appropriate for large groups in large spaces and take little instruction

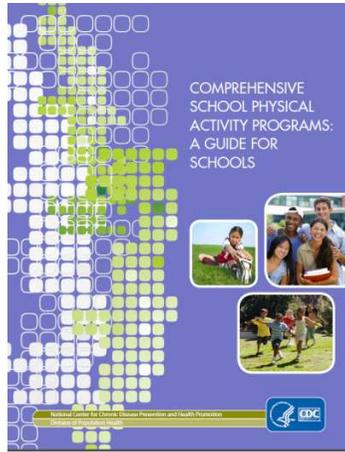
Comprehensive School Physical Activity Programs: A Guide for Schools

http://www.cdc.gov/healthyyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf

Grades: Elementary/secondary

Product Type: Toolkit

Cost: Free



Centers for Disease Control and Prevention, December 2013

The purpose of this guide is to provide step-by-step guidance to schools and school districts to develop, implement, and evaluate comprehensive school physical activity programs. The guide can be read and utilized by a group that either already exists (e.g., school health council or wellness committee) or a new group or committee that is made up of physical education coordinators and teachers, classroom teachers, school administrators, recess supervisors, before- and afterschool program supervisors, parents, and community members. It can be used to develop a new comprehensive school physical activity program or assess and improve an existing one. This document was developed to provide guidance and evidence to support voluntary school efforts that are focused on youth physical activity programs.

Organization of the Guide

Section One: Overview and introduction to youth physical activity

Section Two: Overview and introduction to comprehensive school physical activity programs

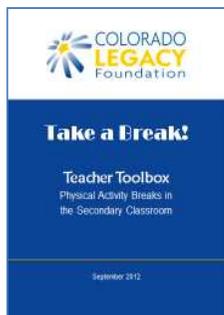
Section Three: Step-by-step process to develop, implement, and evaluate a comprehensive school physical activity program

Take a Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom - <http://colegacy.org/resource/movemore/>

Grades: Secondary

Product Type: Toolkit

Cost: Free



Take a Break by adding an array of physical activity breaks for students in the 6th through 12th grades to your Teacher Toolbox. These 1-5 minutes breaks should be used once every 30-60 minutes every day for all students, and even yourself.

There are two main sections to this Toolbox: Printable activity cards & Online resources

The Printable Activity Cards contain over 100 secondary appropriate and easy to integrate activities; including a lesson plan template for your students to create their own activities. The Online Resources Section has everything from YouTube videos, games, music, interactive programs/challenges for you and your students, research to support PA breaks and materials you can purchase or create on your own to further your break activities!

Brain Breaks - <http://www.emc.cmich.edu/brainbreaks/>

Grades: Elementary

Program Type: listing of suggested in-class physical activities

Cost: Free



Michigan Dept. of Education, a variety of ideas for tying activity into the classroom – organized by academic subject matter, suggested grade levels, and learning domains (cognitive, psychomotor, fitness and psychosocial).