



Integrate Classroom Physical Activity in Schools:

A Guide for Putting Strategies Into Practice
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Health Resources in Action
Advancing Public Health and Medical Research

Acknowledgments

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Introduction

Classroom physical activity is an important part of a Comprehensive School Physical Activity Program. Classroom physical activity gives students opportunities for physical activity during the school day in addition to physical education and recess. Encouraging students to be physically active during classroom learning can increase the amount of time they are active and limit the amount of time they are sedentary.

Classroom physical activity is defined as any physical activity done in the classroom. Classroom physical activity can take place at any time and occur in one or several brief periods of time during the school day. Classroom physical activity should be offered in addition to physical education and recess and at all school levels (elementary, middle, and high school).

The two primary approaches for classroom physical activity are:

- Physical activity integrated into planned academic instruction.
- Physical activity outside of planned academic instruction.

Classroom physical activity is implemented at the classroom level and depends on the support that teachers receive from school administrators, as well as their own buy-in and comfort level. Each classroom is unique, and one prescribed plan for classroom physical activity will not work in all classrooms. Therefore, *Integrate Classroom Physical Activity in Schools: A Guide for Putting Strategies Into Practice* provides questions for consideration, key activities, and additional resources, including tools and templates, that teachers and physical activity champions can use to adopt, promote, enhance, and sustain physical activity in the classroom.

The primary audiences for this document include teachers and other classroom staff, physical educators, school administrators, teacher education programs, and state and school district leaders who provide technical assistance and professional development on classroom physical activity. This document can also be used by any physical activity champion within or beyond the school who is interested in promoting and implementing classroom physical activity in schools.

This guide is a companion document to [Strategies for Classroom Physical Activity in Schools](#) and was developed by [Springboard to Active Schools](#), a collaborative initiative of the [National Network of Public Health Institutes](#) and [Health Resources in Action](#), and the Centers for Disease Control and Prevention (CDC).

Strategies for Classroom Physical Activity

Strategies for Classroom Physical Activity in Schools recommends 10 strategies, organized under three categories, that schools can use to improve classroom physical activity (see Figure on page 5). These strategies are based on evidence-based approaches to classroom physical activity.

Some strategies are small changes in practices that can be made at the classroom level with relative ease. Others are broader, longer-term goals that may require administrative or budgetary commitment. Individual school districts, schools, and teachers should determine which strategies are most feasible and appropriate according to the needs of the school and classroom, school level, and available resources.

How This Guide is Organized

Integrate Classroom Physical Activity in Schools: A Guide for Putting Strategies Into Practice provides the following:

- Overview of each strategy for classroom physical activity.
- Questions for consideration to guide planning for key activities and inspire new ideas.
- Key activities that teachers and school partners can complete to put classroom physical activity strategies into practice in their own context and to help them evaluate current efforts.
- Appendices with additional resources, including tools and templates that teachers can use to plan how to integrate physical activity into their classrooms.
- Links to resources on Springboard to Active School's [Online Platform: Integrate Classroom Physical Activity in Schools](#).

Citations for the content in this guide can be found in [Strategies for Classroom Physical Activity in Schools](#).

Where to Start

The 10 strategies for classroom physical activity do not need to be addressed in order or all at once. Teachers, administrators, and other physical activity champions can determine which category seems most appropriate for their setting and then identify which strategies within this category are most feasible or are of greatest interest. For example:

- District or school administrators or school wellness teams may be interested in strategies 1 through 3, which focus on building buy-in and providing training for classroom physical activity.
- Classroom teachers may be interested in strategies 4 through 8, which focus on creating classroom environments supportive of physical activity.
- Physical activity champions may be interested in strategies 9 and 10, which focus on collecting and sharing information about classroom physical activity.

How to Use This Guide

Teachers, school staff, school partners, and other physical activity champions can use this guide to:


- Assess current classroom physical activity practices.
- Identify opportunities to enhance or sustain classroom physical activity strategies that are already in place.
- Take practical steps to integrate physical activity into the classroom.

The guide can also be used to promote discussions among teachers, administrators, and physical activity champions at the grade, team, school, and district levels.

Supplemental Resources


This guide can be used in conjunction with Springboard to Active School's [Online Platform: Integrate Classroom Physical Activity in Schools](#) (www.schoolspringboard.org/classroomphysicalactivity), which was developed in collaboration with CDC. This resource provides templates, tools, resources, and stories from the field to help users explore the 10 strategies for classroom physical activity more in-depth.

STRATEGIES FOR Classroom Physical Activity in Schools



Build Buy-in and Provide Training for Classroom Physical Activity

1. Identify who to engage and how to involve them in planning for classroom physical activity.
2. Identify what classroom physical activity policies and practices currently exist.
3. Provide professional development or in-service training on classroom physical activity.



Create Classroom Environments Supportive of Physical Activity

4. Identify approaches to incorporate classroom physical activity.
5. Identify opportunities and appropriate times to conduct classroom physical activity.
6. Identify materials, technology, and resources to promote classroom physical activity.
7. Identify ways to create and use classroom space for classroom physical activity.
8. Ensure that classroom physical activity is appropriate and safe for all students by setting and communicating safety and behavioral expectations.



Collect and Share Information About Classroom Physical Activity Experiences

9. Collect information on classroom physical activity.
10. Share successes, challenges, and lessons learned from classroom physical activity.



Category 1: Build Buy-in and Provide Training for Classroom Physical Activity

STRATEGY 1:

Identify who to engage and how to involve them in planning for classroom physical activity.

Overview

Leveraging existing relationships and creating new ones can increase the use of classroom physical activity. Ideally, partnerships should engage a wide array of individuals and groups and include school administrators, teachers (including physical education teachers and other classroom teachers), physical activity champions (also known as physical activity leaders), instructional coaches, students, parents, community members and organizations, and colleges and universities.



Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- Which decision makers, champions, and potential advocates need to be engaged to build support for classroom physical activity practices or policies?
- How can physical education teachers support classroom physical activity as an integrated part of a Comprehensive School Physical Activity Program?
- Who else should be engaged to promote, implement, enhance, and sustain classroom physical activity practices? For example:
 - Who can provide professional development and support for classroom physical activity?
 - Who is ready to try new classroom physical activity policies and practices?
 - Who should be engaged to ensure classroom physical activity approaches are inclusive and accessible to students of all backgrounds?
 - Who can be the champion(s) to sustain classroom physical activity policies and practices over time (for example, individual champions, teams, and committees)?



Key Activities

Put Strategy 1 into practice through the following activities:

- ✓ Brainstorm a list of individuals and groups within and beyond the school community who could support or be engaged in the adoption, promotion, enhancement, or sustainability of classroom physical activity.
- ✓ Use this list to identify the level of influence and interest of each potential partner to help you adopt, promote, enhance, and sustain classroom physical activity practices.
- ✓ Prioritize who to engage and identify how you might reach them—for example, by talking with parents at parent-teacher association meetings or building teacher buy-in through professional development opportunities.
- ✓ Revisit your partner list periodically to continue to recruit champions and expand buy-in for classroom physical activity.

Additional Resources

For more ideas, visit [Strategy 1](#) on the *Online Platform: Integrate Classroom Physical Activity in Schools* to find:

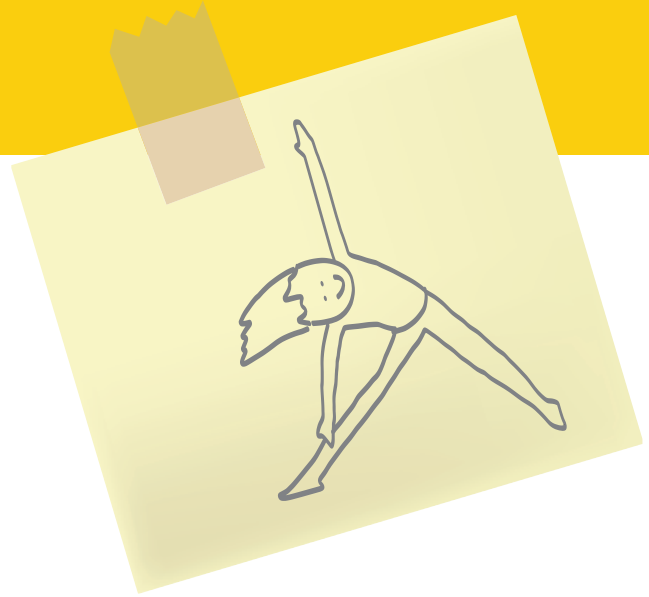
- Fillable templates to help you brainstorm and prioritize potential school partners to engage in classroom physical activity.
- Relevant resources from state and national organizations.
- Stories from around the United States that highlight classroom physical activity lessons learned.



Category 1: Build Buy-in and Provide Training for Classroom Physical Activity

STRATEGY 2:

Identify what classroom physical activity policies and practices currently exist.



Overview

Policies that address classroom physical activity may already exist at state, district, and school levels. If no policies exist, schools may be able to identify specific classroom physical activity practices that can be replicated or expanded. Schools can also use CDC’s [School Health Index](#) to assess and strengthen their policies and practices related to physical education and physical activity.

Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

FOR POLICIES:	FOR PRACTICES:	FOR ASSESSMENTS:
What are the policies for classroom physical activity, how often are they reviewed, and by whom?	What are the practices for classroom physical activity and who uses them?	What assessments have already been completed (for example, School Health Index or other school improvement planning efforts)? Is classroom physical activity addressed?
How are these policies enforced (for example, accountability measures for policy implementation)?	How can these practices be further adopted, promoted, enhanced, and sustained at the school and classroom levels?	When will the next assessment be conducted?
What additional supports, tools, and resources are needed to adopt new policies or promote, enhance, and sustain existing policies?	What supports, tools, and resources are needed to further adopt, promote, implement, enhance, and sustain these practices?	How can assessment results be used to integrate classroom physical activity into existing or new school policies or practices?
To what extent are partners aware of policies (for example, faculty, parents, students, and community partners)?		What opportunities exist to further assess classroom physical activity policies and practices?



Key Activities

Put Strategy 2 into practice through the following activities:

- ✓ Identify if your state, district, or school currently has classroom physical activity policies in place.

Possible sources include:

- *The [Shape of the Nation Report](#),*
 - *District school wellness policies,*
 - *School handbook,*
 - *State education board policies, and*
 - *State laws.*
- ✓ Determine if policies and practices are aligned with the national guidance on classroom physical activity, outlined in [Strategies for Classroom Physical Activity in Schools](#).
 - ✓ Determine if any assessments have been completed to guide current classroom physical activity policies and practices.
 - ✓ Identify approaches to strengthen classroom physical activity policies and practices, as appropriate.

Additional Resources

For more ideas, visit [Strategy 2](#) on the *Online Platform: Integrate Classroom Physical Activity in Schools* to find:

- A fillable template to identify alignment of policies and practices with the national guidance on classroom physical activity (identified in *Strategies for Classroom Physical Activity in Schools* on page 9).
- Relevant resources from state and national organizations.
- Stories from around the United States that highlight classroom physical activity lessons learned.



Category 1: Build Buy-in and Provide Training for Classroom Physical Activity

STRATEGY 3:

Provide professional development or in-service training on classroom physical activity.



Overview

Through professional development opportunities, teachers, instructional coaches, school and district leadership, and other physical activity champions can build their skills and confidence; ensure that activities are conducted in a safe, positive, and inclusive manner; and learn by practicing the activities. Students taught by teachers who have received training on classroom physical activity have higher levels of physical activity per week than those taught by teachers without this training.

Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- How will you gauge and prioritize the professional development needs of school staff and partners at your school to help them integrate classroom physical activity?
- What are facilitators and barriers for classroom physical activity that can be addressed through professional development opportunities?
- What resources (for example, financial, human, and material) are available and necessary to provide professional development on classroom physical activity?
- Who can be engaged to conduct and facilitate professional development on classroom physical activity that addresses the needs of school staff and partners at your school?
- How can physical education teachers partner with other teachers to integrate physical activity into the classroom?



Key Activities

Put Strategy 3 into practice through the following activities:

- ✓ Identify relevant professional development topics for classroom physical activity.
- ✓ Prioritize professional development topics for classroom physical activity.
- ✓ Determine who can conduct professional development opportunities for classroom physical activity and the necessary resources and supports.

Additional Resources

For more ideas, visit [Strategy 3](#) on the *Online Platform: Integrate Classroom Physical Activity in Schools* to find:

- A fillable professional development survey and planning template to identify and address professional development needs for classroom physical activity.
- Relevant resources from state and national organizations.
- Stories from around the United States that highlight classroom physical activity lessons learned.



Category 2: Create Classroom Environments Supportive of Physical Activity

STRATEGY 4:

Identify approaches to incorporate classroom physical activity.

Overview

The two primary approaches for classroom physical activity are:

- **Physical activity integrated into planned academic instruction**, which can be added to a teacher's lesson planning process to ensure that activities reinforce the desired content and academic standards and help limit the amount of time students are sedentary. Teachers can identify physical activities that fit their teaching style and include them in their lesson plans.
- **Physical activity outside of planned academic instruction**, which is not necessarily tied to the lesson being taught. It can be spontaneously added to limit sedentary time or when the teacher sees a drop in student energy, attentiveness, or retention. These physical activities can be preplanned so teachers can quickly and easily incorporate them during class.

Other ways to increase physical activity in the classroom include:

- Encouraging physical activity as students move between activities or classrooms.
- Using physical activity as a reward or incentive for appropriate classroom behavior.
- Adding physical activity at the beginning of the school day—for example, schoolwide exercise during morning announcements.
- Identifying ways to turn sedentary activities, such as waiting in line, into time for physical activity.





Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- How frequently are students engaged in classroom physical activity?
- What are the current go-to methods or activities for classroom physical activity?
- What barriers exist that prevent integration of physical activity through either approach? How can these barriers be addressed?
- What activities or resources can be introduced to help teachers adopt or promote classroom physical activity?
- What activities or resources can be introduced to enhance and sustain classroom physical activity?
- How can activities reinforce skills learned in physical education?

Key Activities

Put Strategy 4 into practice through the following activities:

- ✓ Determine how and to what extent physical activity is currently being integrated into or outside of planned academic instruction.
- ✓ Identify facilitators or barriers to integrating classroom physical activity.
- ✓ Identify ways to address facilitators or barriers to increase opportunities for classroom physical activity.
- ✓ Identify new activities for classroom physical activity.

Additional Resources

For more ideas on how to implement [Strategy 4](#), see the following resources:

- **Appendix A: Classroom Physical Activity Assessment.** This tool encourages teachers to reflect on their individual efforts to integrate physical activity into the classroom. It provides questions to help them reflect on their efforts and identify ways to increase physical activity in their classrooms.
- **Appendix B: Classroom Physical Activity Planning Template (to be used for Strategies 4-8).** This template helps teachers identify physical activities that will work in their classrooms. It also helps teachers plan how they will add physical activity to their classrooms as they develop their lesson plans and units. Name and description of activities will be recorded in Column 2.
- **Strategy 4 on the Online Platform: Integrate Classroom Physical Activity in Schools, which provides:**
 - A fillable version of the assessment form in Appendix A and the planning template in Appendix B.
 - Relevant resources from state and national organizations.
 - Stories from around the United States that highlight classroom physical activity lessons learned.



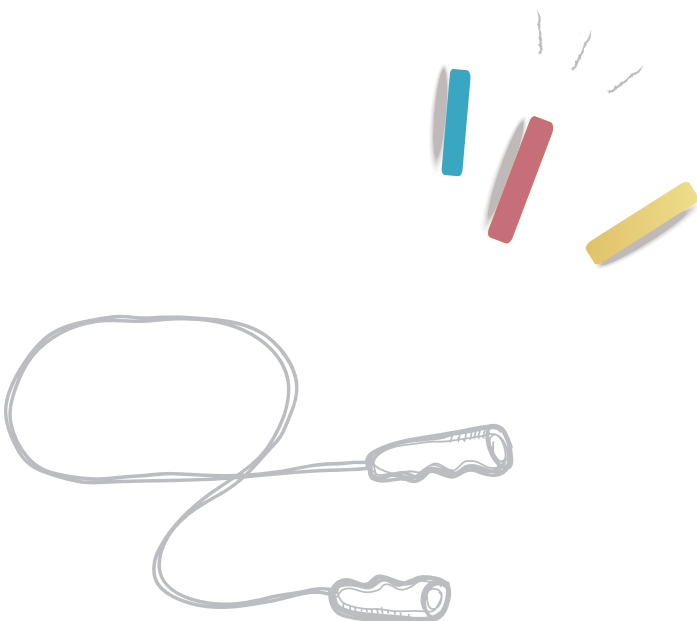
Category 2: Create Classroom Environments Supportive of Physical Activity

STRATEGY 5:

Identify opportunities and appropriate times for classroom physical activity.

Overview

The best way to identify opportunities and appropriate times for classroom physical activity is for teachers to intentionally plan for it by adding physical activity into daily lessons and creating prompts. Ideally, classroom physical activities should be supportive of positive classroom management and integrated throughout class time; simple and easy to organize and require little preparation; and doable anywhere, anytime, and in any clothing worn by teachers or students. Teachers also can determine appropriate times for classroom physical activity by assessing which approaches work best for them and how their students respond at different times during the school day.



Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- To what extent do teachers use classroom physical activity to re-energize a class that appears sleepy or disengaged?
- To what extent do teachers use classroom physical activity as a way to improve student behavior and overall classroom climate?
- To what extent do teachers use classroom physical activity after returning from school breaks (for example, recess, lunch, passing periods, and schoolwide assemblies) to re-engage the class?
- What schoolwide opportunities can be leveraged to promote classroom physical activity approaches (for example, morning announcements and schoolwide assemblies)?



Key Activities

Put Strategy 5 into practice through the following activities:

- ✓ Identify when physical activity is currently being offered during class.
- ✓ Identify facilitators or barriers to offering physical activity.
- ✓ List the best times for offering physical activity during class.

Additional Resources

For more ideas on how to implement [Strategy 5](#), see:

- **Appendix B: Classroom Physical Activity Planning Template (to be used for Strategies 4-8).** This template helps teachers identify physical activities that will work in their classrooms. It also helps teachers plan how they will add physical activity to their classrooms as they develop their lesson plans and units. Time considerations for chosen activities are recorded in Column 3.
- **[Strategy 5 on the Online Platform: Integrate Classroom Physical Activity in Schools](#), which provides:**
 - A fillable version of the planning template in Appendix B.
 - Relevant resources from state and national organizations.
 - Stories from around the United States that highlight classroom physical activity lessons learned.



Category 2: Create Classroom Environments Supportive of Physical Activity

STRATEGY 6:

Identify materials, technology, and resources to promote classroom physical activity.

Overview

Physical activity can be added to the classroom with little or no materials or equipment. For activities that do require materials or equipment, these items are usually available in the classroom or from the school's physical education program. Some schools might be able to add equipment or furniture that promotes movement (for example, balance balls, learning mats, standing desks, or bicycle chairs) to their classrooms. Music can also be used to energize and motivate students and as a signal to start and stop activities. In addition, many resources—such as tool kits, guides, manuals, and programs—are available to provide ideas on how to add physical activity to the classroom.

Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- What equipment, technology, and resources are already available in your classroom or school that can be used to promote classroom physical activity?
- What additional equipment, technology, and resources are needed to promote classroom physical activity?
- Who in your school may have access to equipment or technology that you would like to use to promote classroom physical activity (for example, the physical education teacher)?
- Are there any grants that your school could apply for or other funding sources (for example, community donations and parent-teacher association or organization funding) that would help pay for additional equipment, technology, or resources to support classroom physical activity?





Key Activities

Put Strategy 6 into practice through the following activities:

- ✓ Assess what equipment, technology, and resources are already available in your classroom or school that can be used to promote classroom physical activity.
- ✓ Identify what equipment, technology, and resources are needed to incorporate desired classroom physical activity approaches.
- ✓ When planning for classroom physical activity, note and prepare for any required equipment, technology, and resources.

Additional Resources

For more ideas on how to implement [Strategy 6](#), see:

- **Appendix B: Classroom Physical Activity Planning Template (to be used for Strategies 4-8).** This template helps teachers identify physical activities that will work in their classrooms. It also helps teachers plan how they will add physical activity to their classrooms as they develop their lesson plans and units. Equipment, technology, and resources required for chosen activities are recorded in Column 4.
- **[Strategy 6 on the Online Platform: Integrate Classroom Physical Activity in Schools](#), which provides:**
 - A fillable version of the planning template in Appendix B.
 - Relevant resources from state and national organizations.
 - Stories from around the United States that highlight classroom physical activity lessons learned.



Category 2: Create Classroom Environments Supportive of Physical Activity

STRATEGY 7:

Identify ways to create and use classroom space for physical activity.

Overview

Every classroom has a unique size, physical structure, and furniture composition, and some creative rearrangement of items in the room may be possible to increase physical activity. Classroom space has been identified as one of the main challenges for teachers who want to add classroom physical activity because of logistics and safety concerns for students. However, a thoughtfully considered physical arrangement can safely include physical activity. In addition, most physical activities can be done at or next to a student's desk.



Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- What are some ways to create or use existing classroom space for classroom physical activity? For example, are there spaces or areas in the classroom that could be used for lessons that involve physical activity—such as students' desks, aisles between desks, reading circles, or the center of the classroom?
- What alternative spaces outside of the classroom can be used for classroom physical activity? For example, are there common spaces indoors or outdoors that could be used for lessons that involve physical activity – such as a multipurpose room, hallway, or green space?
- Can your school invest in equipment or furniture that promotes movement (for example, balance balls, learning mats, standing desks, or bicycle chairs)?
- Are there school or community partners who could help teachers reimagine their space?



Key Activities

Put Strategy 7 into practice through the following activities:

- ✓ Identify current spaces or areas both in the classroom and on school grounds that could be used for physical activity.
- ✓ Identify what space requirements are needed to incorporate classroom physical activity.
- ✓ Identify which available spaces or areas both in the classroom and on school grounds would be the best match for the selected classroom physical activities.
- ✓ Ask physical education teachers or other physical activity champions to help teachers brainstorm ways to safely arrange existing classroom space for physical activity or find alternative spaces.
- ✓ Choose classroom physical activities that can be done at or next to students' desks if space constraints are an issue.

Additional Resources

For more ideas on how to implement [Strategy 7](#), see:

- **Appendix B: Classroom Physical Activity Planning Template (to be used for Strategies 4-8).** This template helps teachers identify physical activities that will work in their classrooms. It also helps teachers plan how they will add physical activity to their classrooms as they develop their lesson plans and units. Space considerations are recorded in Column 5.
- **Appendix C: Classroom Physical Activity Space Planning Template.** This template provides space for teachers to sketch out their classroom and envision classroom layouts that will promote or allow physical activity.
- **[Strategy 7 on the Online Platform: Integrate Classroom Physical Activity in Schools](#), which provides:**
 - A fillable version of the planning templates in Appendix B and Appendix C.
 - Relevant resources from state and national organizations, including sample classroom layouts.
 - Stories from around the United States that highlight classroom physical activity lessons learned.



Category 2: Create Classroom Environments Supportive of Physical Activity

STRATEGY 8:

Ensure that classroom physical activity is appropriate and safe for all students by setting and communicating safety and behavioral expectations.

Overview

Setting safety and behavioral expectations for classroom physical activity is essential to creating a safe and positive learning environment for all students. Many schools communicate behavioral expectations for students through the school's code of conduct, and expectations for classroom physical activity could be included in this document. Teachers can also individually set expectations for students.



Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- What safety and behavioral expectations or policies are in place to ensure the inclusion and well-being (for example, physical, mental, emotional, and social) of all students during classroom physical activity?
- Have these expectations been written down and communicated clearly to students?
- How are these expectations enforced?
- Do teachers receive professional development or training on how to provide physical activity while upholding safety and behavioral expectations and promoting inclusion of all students?
- Can teachers identify and mitigate any potential hazards near areas where students will be physically active (for example, sharp edges or breakable objects)?
- Are teachers able to adapt physical activity for varying levels of comfort and ability?



Key Activities

Put Strategy 8 into practice through the following activities:

- ✓ Identify what safety and behavioral expectations are in place at the school and classroom levels.
- ✓ Identify how current safety and behavioral expectations can be used for classroom physical activity.
- ✓ Determine what supports or professional development needs are required to ensure the safety and inclusion of all students in classroom physical activity.

Note: Supports or professional development needs can be addressed through planning for Strategy 3.

Additional Resources

For more ideas on how to implement [Strategy 8](#), see:

- **Appendix B: Classroom Physical Activity Planning Template (to be used for Strategies 4-8).** This template helps teachers identify physical activities that will work in their classrooms. It also helps teachers plan how they will add physical activity to their classrooms as they develop their lesson plans and units. Considerations for how to promote safety, behavior management, and inclusion for all students are recorded in Column 6.
- **Appendix D: Expectations to Promote the Safety and Inclusion of All Students.** This template provides suggested safety and behavioral expectations and a process for getting input and buy-in from students on expectations.
- **[Strategy 8 on the Online Platform: Integrate Classroom Physical Activity in Schools](#), which provides:**
 - A fillable version of the planning template in Appendix B and the classroom physical activity expectations template in Appendix D.
 - Relevant resources from state and national organizations.
 - Stories from around the United States that highlight classroom physical activity lessons learned.



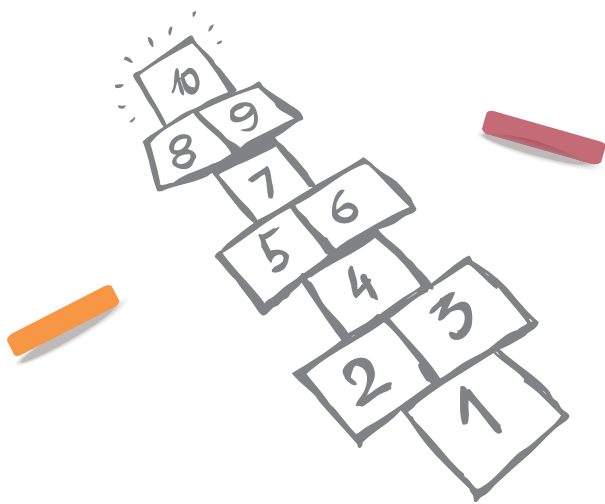
Category 3: Collect and Share Information about Classroom Physical Activity Experiences

STRATEGY 9:

Collect information on classroom physical activity.

Overview

Teachers, administrators, and physical activity champions can collect information on classroom physical activity efforts, and teachers can track the types of physical activities they use in their classroom. This information can include preparation time, ease of implementation, whether students enjoyed the activity, and length of the activity. Collecting information does not require software or formal methods, although funding and partnerships could help make such methods possible. Collecting information can be as simple as putting pen to paper.



Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- What is the purpose of collecting information for classroom physical activity (for example, explain or support your efforts, build buy-in, secure funding, and apply for awards programs)?
- What information will help address the identified purpose (for example, changes in test scores and anecdotes about the effect of classroom physical activity on student attention and behavior)?
- In addition to teachers, who else can help collect information (for example, students, staff, parents, and university researchers)?
- What templates or tools exist to help record the information collected?
- How can results be compiled at the school and district levels?



Key Activities

Put Strategy 9 into practice through the following activities:

- ✓ Identify what information can be feasibly collected on classroom physical activity efforts.
- ✓ Prioritize what information will be collected.
- ✓ Determine method and frequency of collection or documentation.
- ✓ Determine who will collect the information.
- ✓ Document information on classroom physical activity.

Additional Resources

For more ideas, visit [Strategy 9](#) on the *Online Platform: Integrate Classroom Physical Activity in Schools* to find:

- A fillable template to identify information of interest and methods of collection.
- Relevant resources from state and national organizations.
- Stories from around the United States that highlight classroom physical activity lessons learned.



Category 3: Collect and Share Information about Classroom Physical Activity Experiences

STRATEGY 10:

Share successes, challenges, and lessons learned from classroom physical activity.

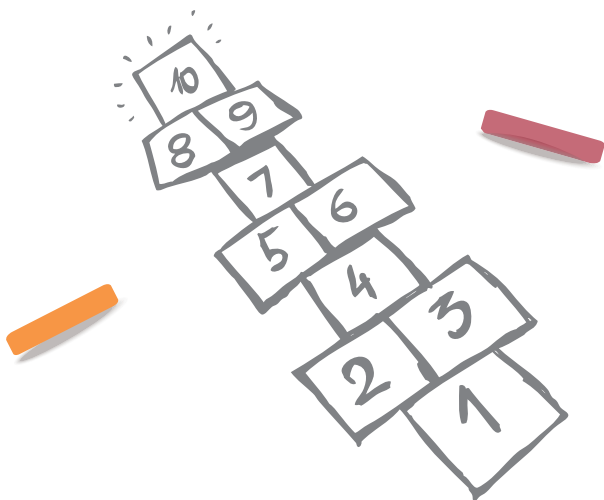
Overview

The information collected on classroom physical activity can be used to identify and share successes, challenges, and lessons learned from classroom physical activity. Dissemination of these findings can guide best practices for both sustainability and improvement. It will also help with future planning and guide professional development needs. Furthermore, celebrating and sharing classroom physical activity successes and their positive effects on students' health and learning may promote and expand buy-in among teachers and administrators.

Questions for Consideration

Use the following questions to guide key activities and inspire new ideas:

- How will classroom physical activity successes, challenges, and lessons learned be communicated?
- To what extent do teachers, administrators, and staff meet to discuss classroom physical activity successes, challenges, and lessons learned? What opportunities exist to discuss these topics?
- To what extent does your school share the effects or influence of classroom physical activity with partners (for example, students, parents, teachers, administrators, and community partners)?





Key Activities

Put Strategy 10 into practice through the following activities:

- ✓ Identify what classroom physical activity information you want to share (for example, successes, challenges, and lessons learned).
- ✓ Identify with whom you want to share information or findings (for example, administrators, parents, and community partners).

Note: Consider school staff and partners identified in Strategy 1.

- ✓ Determine how you will communicate findings (for example, presentation at a parent-teacher association meeting, school newsletter, and press release).

Additional Resources

For more ideas, view [Strategy 10](#) on the *Online Platform: Integrate Classroom Physical Activity in Schools* to find:

- A fillable template to identify ways to share information of interest and methods of communication.
- Relevant resources from state and national organizations.
- Stories from around the United States that highlight classroom physical activity lessons learned.

Appendices

Appendix A: Classroom Physical Activity Assessment



For Strategy 4

Instructions:

Complete the assessment form to document the extent to which classroom physical activity is incorporated into your classroom. Then, review and answer the Reflection Questions. Results can be used to help you identify additional ways to increase physical activity in your classroom.

Note: This assessment is meant for teachers to individually assess their own classroom physical activity practices. To assess the state of classroom physical activity schoolwide, use the [School Health Index](#), which assesses crosscutting school health policies and practices, including those for physical education and physical activity.

Assessment Form

1. To what extent is physical activity currently being integrated into planned academic instruction to enhance student understanding of concepts incorporated into my class(es)?

A Never B Rarely C Sometimes D Always

2. To what extent is physical activity outside of planned academic instruction incorporated into my class(es)?

A Never B Rarely C Sometimes D Always

3. To what extent is classroom physical activity used to re-energize a class that appears sleepy or disengaged?

A Never B Rarely C Sometimes D Always

4. To what extent is classroom physical activity used to improve student behavior, classroom management, and overall classroom climate?

A Never B Rarely C Sometimes D Always

5. To what extent is classroom physical activity used after returning from school breaks (for example, recess, lunch, passing periods, and assemblies) to re-engage the class?

A Never B Rarely C Sometimes D Always

6. To what extent are schoolwide opportunities leveraged to promote classroom physical activity (for example, morning announcements and schoolwide assemblies)?

A Never B Rarely C Sometimes D Always



Reflection Questions

Looking over your answers to questions 1 to 6, think about the following:

For the questions for which you responded “never” or “rarely”:

- Would incorporating physical activity for that purpose support or further your educational goals? Why or why not?
- What prevents you from incorporating classroom physical activity in this manner?
- What questions do you have?

For the questions for which you responded “always” or “sometimes”:

- What has contributed to your success?
- How might you continue to further this practice?
- How can you support others to do the same?

How can you move your answers up the scale—that is, from “never” to “rarely,” from “rarely” to “sometimes,” or from “sometimes” to “always”? What types of supports do you need to meet this goal (for example, new activities, professional development, or support in planning)?

NOTES:



Appendix B: Classroom Physical Activity Planning Template

For Strategies 4 through 8

Instructions:

Step 1

Column 1 lists the two primary approaches to classroom physical activity, as well as additional opportunities to add classroom physical activity. You should have ready-to-use activities for all of these approaches and opportunities. If you are just getting started, identify at least one way that you will focus on to integrate physical activity into the classroom.

Step 2

For each approach or opportunity, go to Springboard to Active School's [Online Platform: Integrate Classroom Physical Activity in Schools](#). Use the resources listed in Strategy 4 on this website to identify at least one new activity for each approach that you can use in your classroom to increase physical activity. List these activities in Column 2.

Step 3

Identify when you will integrate each activity into your classroom. For ideas, see *Online Platform* resources under Strategy 5. Put this information in Column 3.

Step 4

Determine whether any equipment, technology, or additional resources are needed to conduct each activity. Determine how you will get these resources if you do not have them. For ideas, see *Online Platform* resources under Strategy 6. Put this information in Column 4.

Step 5

Determine what type of space is needed for each activity and if an alternative classroom setup or alternative spaces are needed. For ideas, see *Online Platform* resources under Strategy 7. Put this information in Column 5.

Step 6

List any considerations that you should keep in mind to promote the safety, behavior management, and inclusion of all students. For ideas, see *Online Platform* resources under Strategy 8. Put this information in Column 6.



Classroom Physical Activity Planning Template

What activities can be used to adopt, promote, enhance, and sustain classroom physical activity?					
APPROACHES TO INTEGRATE ACTIVITIES (Strategy 4)	NAME & DESCRIPTION OF ACTIVITIES	APPROPRIATE TIME FOR ACTIVITIES (Strategy 5)	EQUIPMENT, TECHNOLOGY, & RESOURCES REQUIRED (Strategy 6)	SPACE REQUIREMENTS (Strategy 7)	SAFETY, BEHAVIORAL, & INCLUSION CONSIDERATIONS (Strategy 8)
EXAMPLE: Activities to integrate physical activity into planned academic instruction	TOSS AND CATCH: Partners toss an object back and forth for each letter of a spelling word until the word is spelled out	After lunch at the start of the spelling lesson	Any soft object	Pairs can spread out and throw an object across desks, in the aisle, or around a reading circle	To accommodate different levels of skill and abilities, student pairs can choose to either stand or sit while tossing an object back and forth.
Activities to integrate physical activity into planned academic instruction					
Activities to integrate physical activity outside of planned academic instruction					
Activities to re-energize a class					
Activities to improve student behavior and classroom climate					
Activities to re-engage the class after a school break					
Ways to leverage schoolwide opportunities to promote classroom physical activity approaches					



Appendix C: Classroom Physical Activity Space Planning Template

For Strategy 7

Instructions:

Sketch out how your classroom space can be used to accommodate classroom physical activity.

Appendix D: Expectations to Promote Safety and Inclusion of All Students



For Strategy 8

Instructions:

Review the following suggested safety and behavioral expectations. Modify and add expectations, and get input and feedback from students. Share final expectations with students, parents, and other relevant school staff. Print, cut along the dotted line, and post this information in your classroom. Review expectations periodically to make sure that everyone understands them.



Suggested Expectations

- Participate in classroom physical activity to the best of your ability.
- Be respectful of different levels of physical abilities.
- Be aware of other students and objects that are near you.
- Help others if needed.
- Have fun!

Other Ideas?:



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