

Benefits of School-Based Physical Activity

Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing a variety of health conditions. Schools are in a unique position, regardless of learning mode, to help students attain the recommended 60 minutes of moderate-to-vigorous physical activity daily.



A Comprehensive School Physical Activity Program (CSPAP) can increase physical activity opportunities before, during, and after school.

Increasing youth physical activity:

Before and After School

- Walking or biking to and from school
- Intramural sports and clubs
- Extended day programs

In Physical Education

- Standards-based curricula
- Motor skills development
- Physical fitness

During School

- Classroom physical activity breaks
- Active lessons
- Daily recess

Through Staff Involvement

- Role models for wellness
- Classroom participation
- Professional development programs

With Community Engagement

- Shared use of recreational facilities
- Opportunities for physical activity when school is out of session
- Environments for safe travel to and from school



Benefits everyone:

The Students

- Improved attention*
- Better mood and memory*
- Improved bone health
- Healthier weight
- Better heart health
- Lower risk of depression
- Better grades

The Teachers

- More students on task*
- Improved classroom behaviors*
- Students getting better grades
- Fewer absences

The Community

- Lower health care costs
- Expanded school partnerships
- More access to activity-friendly spaces

1 in 4 children get a healthy amount of physical activity.

*Immediate benefit from a single physical activity session

To learn more, visit: <https://www.cdc.gov/healthyschools/physicalactivity>



Enjoy active play, every day.

Kids need active play every day, and there are plenty of ways to keep active at home. Each day, select at least one option from each category below.

1. Go play outside

- play hide and go seek
- roll down a hill
- jump in puddles
- build a fort
- get muddy
- run through a sprinkler
- make an obstacle course



2. Have fun developing skills

- play beanbag or sock ball catch with a parent or sibling
- practice yoga postures and balance poses
- dribble a basketball or shoot hoops outside
- play sock ball soccer indoors
- throw sockballs into a hamper
- play hopscotch
- jump rope



- Make time to play outside
- Have fun developing skills
- Use your feet to get around
- Get together for a family activity
- Remember to help around the house

3. Use your feet to get around

- walk
- run
- bike
- scooter
- skateboard
- rollerblade



4. Do a family activity

- dance party
- after dinner walk
- geocaching
- bike ride

5. Help around the house

- make your bed
- take out the garbage
- pick up toys
- fold laundry
- rake leaves
- garden
- vacuum



Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play at home, visit activeforlife.com

To learn more about Physical Activity, visit:

- How much physical activity do children need? – Physical Activity Centers for Disease Control and Prevention.
<https://www.cdc.gov/physicalactivity/basics/children/>
- Healthy Messages for Families – Action for Healthy Kids.
<https://www.actionforhealthykids.org/activity/healthy-messages-for-families/>
- Energy Out: Daily Physical Activity Recommendations –
<https://www.healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx>
- Preschool Aged Children
<https://snaped.fns.usda.gov/library/materials/physical-activity-toolkit-preschool-aged-children>

There are
lots of
ways kids
can **stay**
active.

