

# ACTIVE SCHOOL DAYS



Let's help children get 60 minutes of physical activity at school!

Increasing academic pressure in the school system has led to the removal of physical activity from the school day. With recess being shortened or eliminated and physical education programs being cut, children are not given the chance to be active during an otherwise sedentary day. Physical activity, however, has shown a wide variety of benefits such as preventing obesity, improving behavior and social cohesion, and even facilitating academic achievement. By engineering physical activity into the class space, children will still be able to benefit from the increased movement without disrupting the learning environment. Here are some quick ways to get kids moving!

## Active Transport

### Form a *Walking School Bus*!

Walking school buses are an organized way to get students to walk to school. They include a fixed route with designated stops where students can be "picked up" by an adult leading the group.



## Active Breaks

### Get up and move!

Extended periods of sedentary activity can be harmful to your health. Break up your day with short bursts of physical activity. Do jumping jacks, dance, or even just stretch.



## Active Learning

### Restore Physical Education!

There is a great number of social, behavioral, and cognitive skills children learn in Physical Education. Let's bring back P.E. to improve the health and well-being of children.

### Learn *and* move!

Physical activity doesn't always have to be separate from learning. Develop fun activities and games where students can learn while they're moving.

## Active Classrooms

### Utilize the room!

Rearrange the furniture so students have to weave through rows of desks to be seated. You could also set up learning stations around the room so students have to move between lessons. Every step counts!

### Switch up the space!

Field trips are a great way for students to engage in learning outside of the classroom and often include more walking activities.

## Active Hallways

### Don't just walk!

Take advantage of the time students are switching rooms by making more effective movements. Skipping, marching, or intentionally taking a longer route are great alternatives to make activity more beneficial.



## Active Playgrounds

### Promote play!

Playgrounds are the perfect place for kids to get moving and work their muscles. Redesign outdoor space or utilize the one you already have! It is important to keep the grounds safe, available, and fun to use to encourage play.



Childhood Disparities Research Laboratory

(734) 936-8774



facebook.com/UMCDRL



@UMCDRL