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101 FOR IMPLEMENTING A COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM TIPS



According to the U.S. Department of Health and Human Services, children and adolescents should participate in **60 minutes or more of physical activity daily**.

Schools have a wonderful opportunity to help students follow that recommendation. A **comprehensive school physical activity program (CSPAP)** includes physical education as the foundation, physical activity before and after school, physical activity during school, staff involvement, and family and community involvement.

The following 101 tips, published by the National Association for Sport and Physical Education (NASPE) and Skillastics™, are designed to help schools integrate physical activity into all aspects of the school day. By maximizing their understanding, application and practice of the knowledge and skills learned in physical education, students will be well-equipped for a lifetime of physical activity. Be sure to visit www.LetsMoveInSchool.org for other great resources.

Getting Started

1. Read NASPE's position statement on comprehensive school physical activity programs (CSPAP) at www.LetsMoveInSchool.org.
2. Learn about the five CSPAP components (Physical Education, Physical Activity During the School Day, Physical Activity Before and After School, Staff Involvement, and Family and Community Involvement) and implementation resources at www.LetsMoveInSchool.org. While you're there, register your school!
3. Join the Alliance for a Healthier Generation's Healthy Schools Program (www.healthiergeneration.org) for free access to a wealth of resources and tools to make your school a healthier place for students to learn and staff members to work.
4. Talk with your principal about the value of a CSPAP.
5. Provide a short presentation at staff and PTA/PTO meetings on the importance of a CSPAP.
6. Talk with your school's health/wellness committee about implementing a CSPAP. If your school doesn't have such a committee, start one.

7. Create a team of staff members, parents, students and community members to provide leadership for developing and implementing a CSPAP plan for your school.
8. Identify your school's current strengths and weaknesses related to the five CSPAP components.
9. Post signs around the school to promote physical activity.
10. Use your outdoor school sign to advertise physical activity events and opportunities.
11. Encourage your school's physical education teacher(s) to become NASPE-certified Directors of Physical Activity.

Physical Education

12. Implement a standards-based curriculum that includes a clear scope and sequence.
13. Create a physically and emotionally safe learning environment.
14. Avoid using physical activity as punishment.
15. Identify clear objectives (i.e., psychomotor, cognitive and affective) for each physical education lesson.
16. Provide instruction in all six *National Standards for Physical Education* (NASPE, 2004).
17. Visit PE Central (www.pecentral.org) for lesson plan ideas.
18. Read NASPE's *Appropriate Instructional Practice Guidelines for Physical Education* (www.naspeinfo.org) to understand the dos and don'ts of providing quality physical education instruction.





Tip #35.

Integrate physical activity into classroom lessons.

- 19.** Use technology such as exergaming, heart rate monitors, pedometers and digital cameras to support the physical education curriculum.
- 20.** Use time wisely to ensure that students are moderately to vigorously physically active for at least 50 percent of each physical education class.
- 21.** Challenge each student appropriately by creating individualized goals and modifying tasks for varying levels of complexity.
- 22.** Provide instruction in a wide variety of skills related to sport, lifetime activities and fitness.
- 23.** Teach activities and social skills (e.g., conflict resolution) that students can use beyond physical education.
- 24.** Use multiple teaching styles, including guided discovery and peer teaching, to meet the needs of all learners.
- 25.** Make sure that every student, regardless of ability level, has the opportunity to learn and practice skills.
- 26.** Assess students regularly to check for learning related to teaching objectives.
- 27.** Following each lesson, reflect on and adjust your teaching to make each lesson more effective than the last.
- 28.** Survey parents and students at least annually for their feedback on the physical education program.
- 29.** Offer innovative and exciting secondary school elective physical education courses — based on student input — so that students will choose to take physical education beyond the requirements.
- 30.** Invite your administrator to observe or participate in physical education class.
 - 31.** Encourage your physical education teacher(s) to join a professional membership organization (e.g., AAHPERD, your state's AHPERD).

Physical Activity During the School Day

- 32.** Include a healthy living tip or quote as part of each morning's announcements.
- 33.** Start the day with an all-school "Wake-up/Warm-up" activity in the gymnasium or via school-wide video/television.
- 34.** Provide short (5- to 10-minute) physical activity breaks during long stretches of seated instruction.
- 35.** Integrate physical activity into classroom lessons.
- 36.** Provide kinesthetic learning opportunities (e.g., building, experiencing, touching, collecting data) for students throughout the school day.
- 37.** Create lessons (e.g., working at easels, dry-erase boards, learning centers) that require students to stand or move in the classroom.
- 38.** Distribute the Skillastics® (www.skillastics.com) miniature mats and copies of the activities from the manual to classroom teachers for use in the classroom as rainy-day activities or for activity breaks.
- 39.** Take students outside for a walk before a test.
- 40.** Ask the music and art teachers to provide physical activity-themed lessons.
- 41.** Suggest that the librarian create a display of physical activity-themed books during National Physical Education and Sport Week, May 1-7.
- 42.** Provide physical activity-themed assemblies, such as a demonstration of the various Skillastics® activity kits (www.skillastics.com).
- 43.** Visit www.energybalance101.com for lesson ideas that integrate physical activity and classroom learning.



Tip #70.

Have children go outdoors to play as much as possible.



44. Provide all elementary school students with at least 20 minutes of recess daily.

45. Implement a policy that does not allow recess to be withheld as behavior management or to make up school work.

46. Provide students with a variety of recess equipment that encourages physical activity and creativity.

47. Visit Peaceful Playgrounds (www.peacefulplaygrounds.com) for ideas to enhance recess in your school.

48. Provide all secondary school students with drop-in recess activities so they can be active during their lunch or free periods.

49. Provide active supervision to ensure the physical and emotional safety of each student during recess.

Physical Activity Before & After School

50. Create safe opportunities, in collaboration with parents and community organizations, for students to walk and bike to school.

51. Work with your state or local Safe Routes to School coordinator (www.saferoutesinfo.org) to develop a walking-and-biking-to-school plan.

52. Visit www.walktoschool.org for ideas and tools to encourage walking, such as participating in Walk to School Day and using walking school buses.

53. Provide supervised activities in the school hallways or gymnasium before school begins in the morning.

54. Open and supervise physical activity facilities (e.g., weight room, fitness center) for staff and student use before and after school.

Physical Activity Clubs & Intramural Sports

55. Organize physical activity clubs and intramural sports to encourage physical activity participation by students of all abilities.

56. Offer clubs before, during and after school.

57. Provide appropriate instruction and supervision for all activities.

58. Ask students for their input about activities that are fun and that might be new to them.

59. Include activities that offer competition, as well as those that do not.

60. Use the expertise of community members to offer innovative clubs and sports, such as martial arts and fencing.

61. Ensure that all students interested in participating in physical activity clubs and intramural sports are able to do so, regardless of their ability to pay.

Interscholastic Sports

62. Make athletes' well-being and development the foundation of your coaching philosophy and practice.

63. Train coaches to develop competence in the eight domains of the *National Standards for Sport Coaches* (NASPE, 2006).

64. Ensure that all coaches are certified in First Aid and cardiopulmonary resuscitation, as well as use of an automated external defibrillator.

65. Provide a physically and emotionally safe environment for all athletes during practice and competition.

66. Ensure that inability to pay is not a barrier to students' participation in interscholastic sports.

Before-School & After-School Child Care

67. Provide school-based child care providers with professional development on planning and facilitating developmentally appropriate physical activity.

68. Encourage school-based child care directors to include physical activity in the daily schedule.

69. Ensure access to safe physical activity spaces and equipment.

70. Have children go outdoors to play as much as possible.



Staff Involvement

- 71.** Ensure that physical activity opportunities are a part of a staff wellness program.
- 72.** Provide nutrition education to staff members to support a healthy lifestyle.
- 73.** Conduct a staff needs assessment to identify health-related needs, and work with local organizations (e.g., hospitals, wellness centers, fitness clubs) to address those needs.
- 74.** Establish a staff goal (e.g., participation in a 5K run/walk) and conduct a training program.
- 75.** Hold walk-and-talk meetings with colleagues.
- 76.** Play Fitness Skillastics® or Character Is Cool Skillastics® (www.skillastics.com) during a staff meeting or as part of your professional-development training.
- 77.** Offer incentives to staff members, such as lending pedometers that they can keep if they accumulate 10,000 steps every day for a month.
- 78.** Provide information to staff members and administrators about the importance of physical activity in their personal lives and the lives of children.
- 79.** Offer staff members professional development on creating opportunities for physical activity in the classroom.
- 80.** Provide professional development to those who supervise recess to help them facilitate active play.
- 81.** Create opportunities for staff members and students to be physically active together, such as a school-wide field day.

Family & Community Involvement

- 82.** Communicate regularly with families about the exciting activities and student learning taking place in physical education.
- 83.** Include physical education and physical activity information on the school Web site and in each school newsletter.

- 84.** Invite parents/guardians to observe or participate in physical education class.
- 85.** Send home physical education homework for families to be physically active together.
- 86.** Invite community participation in special events (e.g., Fitness Night, 5K run/walk).
- 87.** Send home a monthly physical activity calendar from NASPE's Teacher Toolbox (www.naspeinfo.org/toolbox) for ideas about family physical activity.
- 88.** Provide physical education field trips so that students can have authentic experiences using their physical education knowledge and skills in community venues such as fitness clubs, bowling alleys or golf courses.
- 89.** Make physical education and physical activity a part of school-wide events (e.g., Back-to-School Night, International Night).
- 90.** Ask your school's PTA/PTO to provide volunteer time and funding to support CSPAP implementation.
- 91.** Participate in General Mills' Box Tops for Education and Campbell's Labels for Education program to raise money for physical activity equipment.
- 92.** Allow community use of the school's physical activity facilities.
- 93.** Invite community physical activity leaders to be guest instructors for physical education classes and clubs (e.g., yoga, martial arts, Zumba® dance).
- 94.** Teach students how to use community physical activity resources such as recreation centers, bike paths and boating facilities.



Tip #101.
Spread your
enthusiasm
to others!

95. Encourage families to visit www.togethercounts.com for ideas on being active and healthy together.

96. Write grant proposals to community organizations and foundations for funding to increase physical activity before, during and after school.

97. Ask community members and organizations to donate gently used physical activity equipment.

Last, But Not Least

98. Try new things! Creativity can overcome the challenges of limited time and money.

99. Model a physically active and healthy lifestyle.

100. Be a physical activity champion for the students and staff at your school.

101. Spread your enthusiasm to others!



National Association for
Sport and Physical Education

an association of the American Alliance for Health,
Physical Education, Recreation and Dance

NASPE Sets the Standard

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