

School Health Guidelines: School Connection

Guideline 4: Physical Education and Physical Activity

November 2015

Guideline 4: Where to Start

A Comprehensive School Physical Activity Program provides opportunities for kids to be active before, during and after school. Examples include walking and biking to school, recess, physical education, physical activity breaks, intramural clubs, interscholastic teams and unstructured times such as open gym. These opportunities complement each other and send consistent messages to students that being physically active throughout the day is important. Include all students with all varieties of abilities, conditions, restrictions, and skills. Each one can be successful, be engaged, and have fun at his/her own pace.

Ideas to Try at School :

- Implement a Comprehensive School Physical Activity Program (CSPAP)
- Share the *Tips for Teachers* handout (below)
- Post and follow national PE Standards
- Promote before and after school activities for kids
- Implement physical activity brain breaks during the day for all kids PK-12
- Advocate for daily Physical Education for all students in the district

Healthy Kids Learn Better.

Resources/links:

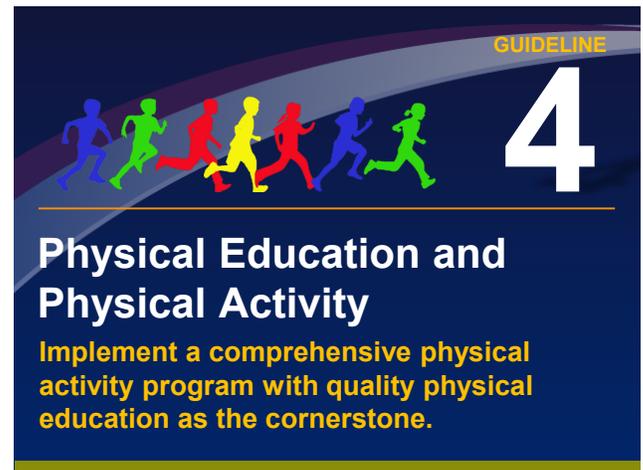
[Tips for Teachers Handout](http://www.cdc.gov/healthyyouth/npao/pdf/Tips_for_Teachers_TAG508.pdf): http://www.cdc.gov/healthyyouth/npao/pdf/Tips_for_Teachers_TAG508.pdf

[School Health Index Assessment](http://www.cdc.gov/healthyyouth/shi/index.htm): <http://www.cdc.gov/healthyyouth/shi/index.htm>

[Physical Activity Dept of Ed](https://www.educateiowa.gov/physical-activity): <https://www.educateiowa.gov/physical-activity>

[CSPAP](http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm): <http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm>

[Wellness Impact Report](http://www.genyouthfoundation.org/programs/): <http://www.genyouthfoundation.org/programs/>



Schools that do not implement a solid physical activity program are short changing student brains and their potential for academic performance.

~ Eric Jensen

Questions? Need more information?

Melissa Walker: melissa.walker@iowa.gov and 515.281.5327

{Provided by 1305 CDC Grant}

School Health Guidelines: Home Connection

Guideline 4: Physical Education and Physical Activity

November 2015

Working Together

Physical Education programs teach students skills and knowledge to be active for a lifetime. Quality physical education programs: meet the needs of all students, are fun, keep students active for most of the class, teach self-management and self-assessment skills, and emphasize skills for a lifetime. Physical activity also engages the brain and primes it for learning.

Parents/families can partner with schools to promote physical education and physical activity at school by:

- Supporting daily PE at school
- Volunteering for active transport to school such as a walking school bus or bike to school day
- Encouraging kids to find activities they enjoy and supporting their efforts

Ideas to Try at Home:

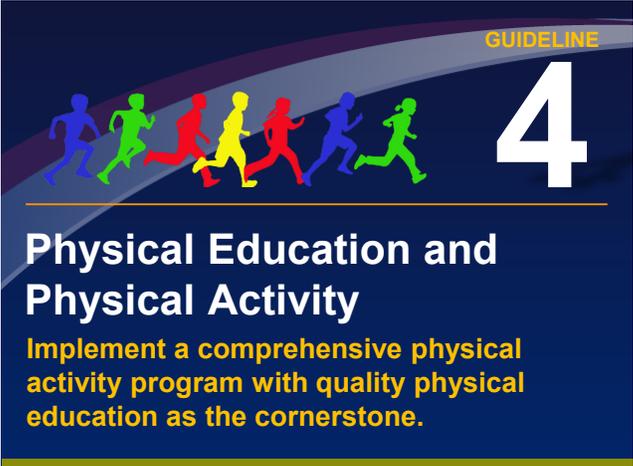
- Visit a local park for a hike or to play
- Walk places when you can: to the library, store or post office
- Take a family bike ride in the evening
- Watching a favorite T.V. show? Do jumping jacks or dance during commercials

Healthy Kids Learn Better.

Resources/links:

[Walking School Bus](http://www.idph.state.ia.us/iowansfitforlife/common/pdf/school_bus_guide.pdf): http://www.idph.state.ia.us/iowansfitforlife/common/pdf/school_bus_guide.pdf

[Iowa State Parks and Rec Areas](http://www.iowadnr.gov/Destinations/StateParksRecAreas): <http://www.iowadnr.gov/Destinations/StateParksRecAreas>



Physical Education and Physical Activity
Implement a comprehensive physical activity program with quality physical education as the cornerstone.



School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development

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