Enhancing Physical Activity in Schools
Tuesday, June 16th
1:00pm – 2:30pm

Please join from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/117967941

Dial in using your phone.
United States: +1 (224) 501-3212
Access Code: 117-967-941

AGENDA

Meeting Objectives:
- Learn how to support schools to increase opportunities for physical activity
- Learn about the *Lets Move Active Schools* program strategies
- Discuss opportunity to bring Physical Activity Leader

1:00 **Welcome and Introductions**
Michele Buran- North Coast and Cascades
Sarah Underwood- Delta and Gold Country

1:15 **Let's Move Active Schools Presentation**
- Assessing your school
- Strategies to create opportunities for PA before, during and after school
- Physical Activity Leader (PAL) Learning System and Training

2:15 **Discussion**
- Interest in hosting PAL training in Northern California

2:25 **Closing & Evaluation**

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

Physical Activity Leader Training

Become a PAL for your school!

What is a PAL?

PAL stands for Physical Activity Leader. The Physical Activity Leader (PAL) Learning System is a cutting edge, all-inclusive professional development resource within the *Let's Move!* Active Schools framework. Adaptable to individual school environments, the PAL Learning System is a 12-month program designed to develop and support individuals (physical education teachers, classroom teachers, principals, administrators and parents) who will champion an effort in their local schools/school districts to **ensure 60 minutes a day of physical activity for all school-aged youth.**

- **Attend a FREE One-day PAL training in your area.** The training consists of skill building and leadership workshops for groups of 30-50 Physical Activity Leaders.
- **Join the community.** After completing the in-person workshop, you will unlock access to a collaborative online learning community. Members of the community will join in knowledge sharing, success stories, discussions and innovative problem-solving approaches. PALs will also enjoy access to thought leaders and PAL trainers, all of whom will help you successfully initiate customized plans of action for your school.
- **Email PAL@shapeamerica.org** to get more information and to schedule a PAL training near you!

Active Kids Do Better. To learn more, visit letsmoveschools.org

Let's Move. Active Schools

The North Coast and Cascades and Delta and Gold Country Training & Resource Centers present:

Enhancing Physical Activity in Schools

CHAMPIONS for CHANGE™

June 16, 2015
1:00 pm — 2:30 pm

Center for Healthy Communities
California State University, Chico

Health Education Council™

FREE WEBINAR

- Learn how you can support schools to increase opportunities for physical activity (PA)
- Learn about the *Lets Move Active Schools* program and how to use their tools and resources to enhance PA in your schools

For more information, please contact:

Michele Buran
mburan@csuchico.edu
North Coast and Cascades TRC

Sarah Underwood
sunderwood@healthedcouncil.org
Delta & Gold Country TRC

Register at:
https://global.gotomeeting.com/join/117967941

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

Active Schools

Implementation Toolkit

Let's Move. Active Schools

Welcome to *Let's Move!* Active Schools! Powered by a national collaboration of leading health and education organizations, *Let's Move!* Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity a day is the new norm for schools.

Integrating physical activity—whether through physical education, recess, movement breaks during class, or before and after school extracurricular activities— helps students learn, focus and grow. Physically active kids perform better in school and demonstrate higher attendance, increased focus and improved behavior.

Making it simple for teachers and strategic for administrators, *Let's Move!* Active Schools streamlines the selection of physical activity and physical education programs, resources, professional development and funding opportunities, and delivers each school a customized Action Plan. Ready to get your school, district or state moving?

Here, you will find everything you need to get in the game, including:

- **An Active Schools Overview**
- **Background Information**
- **Communications Resources**
- **Criteria for Developing an Active School**
- **Sign Up Instructions**

To get started, visit www.letsmoveschools.org. If you need additional help, do not hesitate to contact our Customer Support Center at 1-855-972-0876 or help@letsmoveschools.org. They are ready to help transform our nation's schools into hubs for physical activity and physical education.

Sincerely,

The *Let's Move!* Active Schools Team

ACTIVE SCHOOLS OVERVIEW

What is *Let's Move!* Active Schools?

Let's Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity aday is the new norm for schools.

What is an Active School?

An Active School incorporates physical activity before, during, and after school for at least **60 minutes** every day.

How does *Let's Move!* Active Schools support your school efforts?

Powered by a national collaboration of leading health and education organizations, *Let's Move!* Active Schools streamlines the selection of programs, resources, professional development and funding opportunities, and delivers a customized Action Plan. Ultimately, *Let's Move!* Active Schools, part of the First Lady's *Let's Move!* initiative, helps schools develop a culture in which physical activity and physical education are foundational to academic success.

What does an Active School look like?

- **Physical Education.** Provide effective physical education instruction that is fun and inclusive.
- **Physical Activity During School.** Create active classrooms. Include physical activity breaks in lessons.
- **Physical Activity Before & After School.** Offer students opportunities to begin and end their day with physical activity.
- **Staff Involvement.** Emphasize physical activity as a priority for the whole staff.
- **Family & Community Engagement.** Connect with the community. Make your school the center for physical activity.

How does it work?

After signing up on **www.letsmoveschools.org**, you will be guided thorough a simple process:

- **EVALUATE.** How is your school already moving? Our assessment tool will help you see where you already shine and where you need to step it up. Then, develop your Action Plan and get moving.
- **ACTIVATE.** Amplify your Action Plan. Identify the resources, programs, and initiatives that make sense for your school.
- **CELEBRATE.** You've planned, you've acted…the only thing left is to celebrate!

Who can sign up?

Anyone can sign up to champion the *Let's Move!* Active Schools movement at **www.letsmoveschools.org**. We need school leaders, teachers, parents, and community members to work together to get our nation's kids moving again.

Let's Move! Active Schools helps schools increase physical activity opportunities for students by…

- Leveraging its powerful network of national health and education organizations.
- Matching schools with evidence-based programs, resources and initiatives.
- Elevating the role of physical educators.
- Equipping school and district leaders to enact system-change.
- Funding physical activity and physical education programming and curriculum.

How do I apply for funding and grant opportunities?

Let's Move! Active Schools has teamed up with several supporting organizations that offer grant opportunities, including: Action for Healthy Kids, BOKS, Child Obesity 180, Fuel Up to Play 60; Good Sports, KIDS in the GAME, the Presidential Youth Fitness Program and Safe Routes to School National Partnership. Designed grants are exclusive to schools enrolled in *Let's Move!* Active Schools, while others offer a priority point to schools enrolled in *Let's Move!* Active Schools. Once a school completes the *Let's Move!* Active Schools assessment, they will be encouraged to apply for appropriate funding opportunities.

How does the network of *Let's Move!* Active Schools supporting organizations help shape a future where physical activity is the norm?

There is power in having the nation's best and brightest come together to solve a problem. *Let's Move!* Active Schools is founded on the premise that a holistic, inclusive approach is necessary for lasting and sustainable change. So, to ensure schools are receiving the latest and greatest in physical activity and physical education research and strategies, each supporting organization provides evidence-based competencies in one or more of the following areas: physical education; physical activity during school; physical activity before- and after- school; staff involvement; and family & community engagement.

The supporting organizations' reach and impactful resources are key assets in the collaboration, enhancing *Let's Move!* Active Schools' ability to deliver schools a customized Action Plan. After schools complete the *Let's Move!* Active Schools assessment, they are matched with resources and programming to help strengthen areas of deficiency and are provided with a roadmap to success. Collectively, we strive to create early, positive experiences for children that in turn, motivate kids to be active for a lifetime.

SUPPORTING ORGANIZATIONS

Action for Healthy Kids
Alliance for a Healthier Generation
Athletes for Hope
BOKS
ChildObesity180
GENYOUth Foundation
GoNoodle
Good Sports
Kaiser Permanente
KIDS in the GAME
Let's Move!
NBA FIT
NIKE, Inc.
Partnership for a Healthier America
President's Council on Fitness, Sports & Nutrition
Safe Routes to School National Partnership
SHAPE America
SPARK
U.S. Department of Health and Human Services

BACKGROUND INFORMATION

Understanding the Importance of Physical Activity

How Does Physical Activity Help?

- Builds healthy bones and muscles.[1]
- Decreases the likelihood of obesity and diseases like type 2 diabetes and heart disease.[1]
- Reduces anxiety and depression and promotes positive mental health.[1]

How Much Physical Activity Do Youth Need?

- Children and adolescents should participate in 60 minutes (1 hour) or more of physical activity daily. [2]
- Activities should be age-appropriate, enjoyable, and offer variety.[2]
  - Examples of aerobic activities include: bike riding, walking, running, dancing, and active games like tag, soccer and basketball.
  - Examples of muscle-strengthening activities include: climbing a tree, gymnastics, push-ups, pull-ups and weight lifting.
  - Examples of bone-strengthening activities include: hopping, skipping, jumping, running, and sports like gymnastics, basketball and tennis.

How Does Physical Activity Affect Academic Achievement?

- Physical activity can help improve students' attention, concentration, memory, on-task behavior and classroom behavior.[3]
- School-based physical activity can improve academic performance, including increased grades and test scores. [3]
- Youth who spend more time in physical education class do not have lower test scores than youth who spend less time in physical education class. [3]

How Physically Active Are Youth?

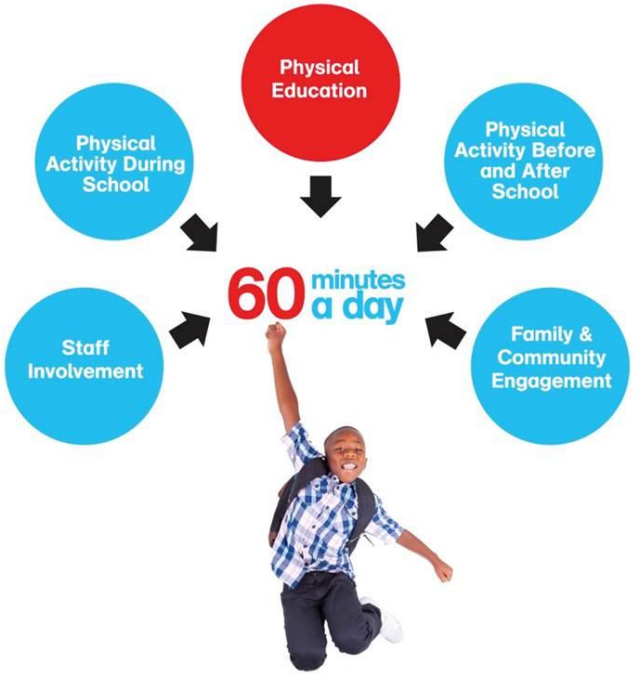
- In 2011, only 29% of high school students said they were physically active at least 60 minutes/day.[4]
- In 1991, 42% of high school students said they attended physical education classes every day. By 2011, only 31% said they participated in physical education classes every day.
  - In 2011, 56% of high school students said they had participated in muscle strengthening activities at least 3 days per week.[1]

Why Should Schools Provide Physical Activity Programs?

- Youth who are physically active benefit physically, mentally and emotionally.
- Youth who are physically active can do better in school.
- Comprehensive school-based physical activity programs can help youth meet most of their physical activity needs.

Comprehensive School Physical Activity Program (CSPAP) Components

A Comprehensive School Physical Activity Program (CSPAP)[5] is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of physical activity each day, and develop the knowledge, skills and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement.



CSPAP Goals

To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity (MVPA) each day. To provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education so that all students will be fully physically educated and well-equipped for a lifetime of physical activity.

Students can accumulate the recommended amount of physical activity through the provision of the multicomponent CSPAP, which includes:

Physical Education

Physical education is an academic subject and serves as the foundation of the CSPAP, by providing the unique opportunity for students to gain the knowledge and skills needed to establish and maintain a physically active lifestyle throughout childhood and adolescence and into adulthood. Quality physical education meets the needs of all students, is an enjoyable experience for all students, keeps students active for most of physical education class time, teaches self-management, teaches skills to maximize movement proficiency, and emphasizes knowledge and skills for a lifetime of physical activity.

Physical education can increase student participation in physical activity, increase physical fitness, and enhance student knowledge and skills about why and how they should be physically active. As defined by SHAPE America, a quality physical education program includes: the opportunity to learn, meaningful content, appropriate instruction, and student and program assessment.

Physical Activity During School

Schools can offer physical activity in a variety of settings during the school day. The main ways students can participate in physical activity during the school day are recess, physical activity integrated into classroom lessons, physical activity breaks in and outside the classroom, and lunchtime club or intramural programs. At the middle and high school levels, physical activity breaks, similar to recess, can be scheduled and implemented during the school day. Physical activity may be included during advisory periods, home room periods, exploratory and enrichment classes, elective selections, and as transitions between classes.

Physical Activity Before and After School

Before- and after-school physical activity programs offer students an opportunity to be physically active instead of waiting in a sedentary setting for the school day to begin or end. Before- and after-school physical activity offerings might include a walking and biking to school program, physical activity clubs and intramural programs (e.g., programs that are voluntary, student-centered, and give equal opportunity for all students to participate), informal recreation or play on school grounds, physical activity in school-based child care programs, integrating physical activity in academic work during out-of-school hours, and interscholastic sports.
Finally, before- and after-school physical activity programs can be coordinated with community-based organizations (e.g., YMCAs, community parks and recreation) and delivered in school settings. These programs bring benefits to the students, families and community members.

Staff Involvement

School employees play an integral role in a school's CSPAP. School-employee wellness programs improve staff health, increase physical activity levels, and are cost effective. When school staff commit to good health practices, they are positive role models for students and may show increased support for student participation in physical activity. Support for school-employee wellness and leadership training contributes to the overall culture of physical activity at a school. Teachers and other school staff members can integrate physical activity into classroom academic instruction and breaks while also supporting recess, intramurals, and other physical activity offerings. Additionally, school employees can be positive role models for students by demonstrating active lifestyle choices in and out of school.

Family and Community Engagement

Family and community engagement in school-based physical activity programs provides numerous benefits. Research shows that youth participation in physical activity is influenced by the participation and support of parents and siblings. When families are active together, they spend additional time together and experience health benefits. Parents, guardians or other family members can support a CSPAP by participating in evening or weekend special events, or by serving as physical education or physical activity volunteers. Community involvement allows maximum use of school and community resources and creates a connection between school and community-based physical activity opportunities. Community organizations might provide programs before or after school or establish joint-use or shared-use agreements with schools.

For more information on CSPAP, please see the full Comprehensive School Physical Activity Programs: A Guide for Schools.

1 U.S. Department of Health and Human Services. Physical activity guidelines advisory committee report. Washington, DC: U.S. Department of Health and Human Services, 2008.
2 U.S. Department of Health and Human Services. 2008 Physical activity guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services, 2008
3 CDC. The association between school-based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
4 Centers for Disease Control and Prevention. National Youth Risk Behavior Surveillance-United States, 2011. MMWR. 2012;61 (No.SS-5):35-38.
5 Centers for Disease Control and Prevention. *Comprehensive School Physical Activity Programs: A Guide for Schools.* Atlanta, GA: U.S. Department of Health and Human Services; 2013

COMMUNICATIONS RESOURCES

1. Sample Memo to School Board

Below, please find a sample memo to share with your School Board. Please feel free to copy the content and personalize for your School Board.

TO: School Board Members
FROM: DISTRICT LEADER
DATE: DATE

RE: DISTRICT NAME joins effort to bring physical activity back to America's school

School Board Members,

According to the latest research, studies show that active kids do better in the classroom and in life. With a vision of a healthier, happier and more productive generation, I am inspired to make physical activity a way of life for our students. So, I recently challenged our principals to integrate physical activity into the school schedule and get students moving for at least 60 minutes a day.

Every day our School Board works to develop policies and to make decisions on how we can best educate our youth, and with proof that physical activity drives academic performance, improves attendance, and increases students' focus, I encourage you to rally around this effort.

I recently learned about *Let's Move!* Active Schools - a comprehensive strategy that helps schools enact change, galvanize support, and demonstrate how physical activity and physical education drive academic success.

Powered by a national collaboration of leading health and education organizations, *Let's Move!* Active Schools streamlines the selection of physical activity and physical education programs, grants and resources, and delivers each school a customized Action Plan that aligns with national standards and evidenced-based research.

As a first step, I have asked each learning site to sign up for *Let's Move!* Active Schools. As the principals and staff lead and manage the day-to-day implementation, I ask that our School Board also establishes an "Active Schools" mindset when discussing or setting policy, or carrying out the strategic plan.

I look forward to working with you on a new way of moving in DISTRICT NAME.

Thank you for your support.

Sincerely,

DISTRICT LEADER

2. Sample E-mail to Principals

Below, please find a sample e-mail to principals about *Let's Move!* Active Schools. Please copy the content and personalize to meet your state's/district's/school's needs. The attachment referred to in the email is on page 14.

TO: Principals
SUBJECT LINE: Action Required – Sign up for *Let's Move!* Active Schools
ATTACHMENT: How to Register for *Let's Move!* Active Schools

Principals,

According to the latest research, studies show that active kids do better in the classroom and in life. Increased physical activity not only helps kids stay healthy, but it has also been linked to higher test scores, improved attendance, increased focus, better behavior in class and lower rates of childhood obesity. However, to receive the full benefit, school-aged youth need to participate in at least 60 minutes of physical activity every day.

With this evidence and the *Let's Move!* Active Schools implementation strategy, we challenge every school in our district to make 60 minutes of physical activity a day the norm.

We recently learned about *Let's Move!* Active Schools, a comprehensive school-based strategy that empowers schools to develop a culture in which physical activity and physical education are foundational to academic success.

Powered by a national collaboration of leading health and education organizations, *Let's Move!* Active Schools streamlines the selection of programs and resources, and delivers each school a customized Action Plan. This will make it easier for our teachers to identify grants, professional development and other opportunities, and will strategically assist our school leaders as the Action Plan is aligned with national standards and evidenced-based research.

Together, as a district, we ask that we take the first step to a more Active School environment. Please enroll your school in *Let's Move!* Active Schools by (DATE). After your school is enrolled, invite teachers and staff to sign up and join the team. Forward this email to your teachers and staff with attached registration instructions.

If you have concerns about how this can fit into your busy schedule, *Let's Move!* Active Schools provides support materials, ideas and free professional development to help integrate movement into content and curriculum areas.

We look forward to working with you on a new way of moving!

Thank you for your support.

Sincerely,

DISTRICT LEADER

3. Sample E-mail to Physical Education and Health Teachers and Staff

Below, please find a sample e-mail about how to sign up for *Let's Move!* Active Schools. Please feel free to copy the content and personalize to meet your state's/district's/school's needs. The attachment referred to in the email is on page 14.

TO: Physical Education and Health Teachers and Staff
CC: Principals
SUBJECT LINE: Calling all Physical Educators and Health Teachers: DISTRICT NAME is joining *Let's Move!* Active Schools!
ATTACHMENT: How to Register for *Let's Move!* Active Schools

Physical Education and Health Teachers and Staff:

Thank you for your continued spirit and dedication to DISTRICT NAME's students. On a daily basis you work to integrate fitness, mobility and coordination activities into classes and other programming - ultimately creating positive physical activity and physical education experiences so that our students will adopt a lifetime of healthy habits.

It is no secret that physical activity can lead to higher test scores, improved attendance, increased focus, better behavior in class and lower rates of childhood obesity. However, to receive the full benefit, school-aged youth need to participate in at least 60 minutes of physical activity every day.

With this evidence and the *Let's Move!* Active Schools implementation strategy, we are inspired to make 60 minutes of physical activity a day the norm at all of our learning sites. And, we request your leadership and expertise in moving this district-wide initiative forward.

As a first step, we have asked each school principal to enroll their respective school in *Let's Move!* Active Schools by DATE. After the school is enrolled, teachers and staff will be invited to sign up and join your Active Schools team.

As the health professionals in your schools, we encourage you to take a lead role in this effort – building the team, guiding the assessment, initiating the Action Plan and celebrating successes along the way.

So why *Let's Move!* Active Schools? Powered by a national collaboration of leading health and education organizations, it helps teachers navigate resources, initiatives, professional development and funding opportunities. Then, it delivers a customized Action Plan that makes sense for your school. Ultimately, *Let's Move!* Active Schools makes the case for why physical activity and physical education are foundational to academic success.

Attached are instructions on how to sign up. For additional information, please contact help@letsmoveschools.org.

We look forward to working with you on a new way of moving in DISTRICT NAME!

Sincerely,

DISTRICT LEADER

4. Press Release Template/Web Story

Please use this press release to highlight your state's/district's/school's commitment to creating Active School environments. For media assistance from the *Let's Move!* Active Schools team, please contact Kat Krtnick (kkrtnick@shapeamerica.org).

[DISTRICT NAME] Announces District-Wide Support for *Let's Move!* Active Schools

Today, LEADER NAME announced a district-wide initiative aimed at incorporating 60 minutes of physical activity into the school day at each of its # learning sites.

"Research shows that kids who are physically active perform better in the classroom and are more focused and ready to learn. Our collective effort to integrate 60 minutes of physical activity a day into the culture and curriculum means giving our students the best possible opportunity to succeed," said LEADER NAME.

In an email to school leadership, LEADER NAME pointed to *Let's Move!* Active Schools as the first step towards more active, healthy students. *Let's Move!* Active Schools, part of the First Lady's *Let's Move!* initiative, is a physical activity and physical education solution that ensures 60 minutes of physical activity a day is the new norm for schools.

Powered by a national collaboration of leading health and education organizations, *Let's Move!* Active Schools streamlines the selection of programs, resources, professional development and funding opportunities, and delivers each school a customized Action Plan. Ultimately, *Let's Move!* Active Schools helps schools develop a culture in which physical activity and physical education are foundational to academic success.

"By our schools engaging in *Let's Move!* Active Schools and providing opportunities for students to move before, during and after the school day, we are essentially reshaping the educational experience, shifting from a stationary learning environment to one where both bodies and minds are active," LEADER NAME added.

LEADER NAME is asking each school to enroll in *Let's Move!* Active Schools by DATE. Each principal will then recruit other teachers and staff members to rally around the effort and begin creating Active School environments.

Studies show that physical activity not only helps kids stay healthy and strong, but it can also lead to higher test scores, improved attendance, increased focus, better behavior in class and lower rates of childhood obesity. According to the Centers for Disease Control and Prevention, school-aged youth should participate in at least 60 minutes of physical activity every day.

At the launch of *Let's Move!* Active Schools, First Lady Michelle Obama shared, "When kids have early, positive experiences with physical activity, it sets them on the course for life, shaping their habits not just when they're young, but as adults, as well. And once we've gotten our kids excited about being active, then we need to give them opportunities to be active every day, throughout the day."

To learn more about *Let's Move!* Active Schools, please visit www.letsmoveschools.org.

MEDIA CONTACT INFORMATION

5. Social Media Messaging

TWITTER

- @SCHOOL/DISTRICT announced sweeping commitment to #ActiveSchools and 60 mins/day of physical activity. #ActiveKidsDoBetter
- @SCHOOL/DISTRICT is MOVING! We are enrolled @LetsMove #ActiveSchools because #ActiveKidsDoBetter.
- Strong mind or strong body? How about both? Learn why #ActiveSchools are the answer to our students' overall health. www.letsmoveschools.org
- #ActiveSchools = incorporate physical activity for 60 mins. before, during and after the school day. #ActiveKidsDoBetter

FACEBOOK

- "We are essentially reshaping the educational experience, shifting from a stationary learning environment to one where both bodies and minds are active." – LEADER NAME Today, he/she announced a district-wide initiative aimed at incorporating 60 minutes of physical activity into the school day at each of its # learning sites. The first step is principals enrolling in *Let's Move!* Active Schools. www.letsmoveschools.org
- SCHOOL/DISTRICT NAME announces sweeping commitment to making 60 minutes of physical activity a day the norm. With the help of *Let's Move!* Active Schools, each school will strive to develop a culture in which physical activity and physical education are foundational to academic success. Why? Because Active Kids Do Better! LINK TO WEB STORY
- 2 in 3 kids in America is inactive. Help us change that. Join the #ActiveSchools movement. bit.ly/1h9brzU
- Why *Let's Move!* Active Schools? Because Active Kids Do Better. *Let's Move!* Active Schools helps schools integrate physical activity into everyday life, encouraging future generations to embrace physical activity and helping children reach their greatest potential. Learn more: www.letsmoveschools.org.

CRITERIA FOR AN ACTIVE SCHOOL

Below is an overview of the *Let's Move!* Active Schools assessment question and criteria for developing an Active School. Each question is followed by a set of answers to help identify how a school may already be moving. A success scale is measured 0 to 3 (0 means opportunity for improvement while 3 means 100% completion).

Area	School Question
Physical Education **Minutes or years of physical education**	**Elementary School:** Do all students in each grade receive physical education for at least 150 minutes per week throughout the school year? **Middle/High School:** How many years of physical education are students at this school required to take?
Physical Education **Sequential physical education curriculum with standards**	Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education?
Physical Education **Health-related physical fitness**	Does the physical education program integrate the components of the Presidential Youth Fitness Program?
Physical Education **Address special health needs**	Does the physical education program consistently use practices as appropriate to include students with special health care needs?
Physical Activity Before/After School **Availability of opportunities**	Does your school offer opportunities for students to participate in physical activity before and after the school day for example, through organized physical activities or access to facilities or equipment for physical activity?
Physical Activity Before/After School **Promotion or support of walking and bicycling to school**	Does your school promote or support walking and bicycling to school?
Physical Activity During School **Recess**	Are students provided at least 20 minutes of recess during each school day, and do teachers or recess monitors encourage students to be active? (Only Elementary School)
Physical Activity During School **Availability of physical activity breaks in classrooms**	Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?
Staff Involvement **Modeling physical activity behaviors**	Does your school support staff to model physical activity behaviors?
Family & Community Involvement **Promote community physical activities**	Does the physical education program use three or more methods to promote student participation in a variety of community physical activity options?

HOW TO REGISTER AND ADD SCHOOLS

Register

Step 1: Visit www.letsmoveschools.org, and click **Sign Up** in the upper right-hand corner.

Step 2: Complete the form, and confirm enrollment with *Let's Move!* Active Schools through the link sent to your email. You must confirm enrollment to be a registered *Let's Move!* Active Schools member.

Add School(s) to your account and adopt a School Membership Type. You must associate with your school in order for it to be considered enrolled in *Let's Move!* Active Schools.

Step 3: Login at **www.letsmoveschools.org** and select **Find Your School** in the upper right hand corner.

Step 4: Click **Add School** and use one or more of the search criteria to find your school (tip: use a partial name in the school name field).

Step 5: Click **Join School's Team/Start School's Team**. (If it says School Profile, then you have already added that school).

- Choose the team role appropriate for yourself.
- If you are the first Team Member of the school, access will be granted immediately.Otherwise, access will be granted by other Team Members or Customer Support.

TIP: If you can't find your school, try inputting the Zip Code, State, and part of the school name. Our database includes all schools in the country except for very new schools or schools that have recently changed their name. If your school still cannot be found, contact us at help@letsmoveschools.org or 1-855-972-0876. Please include the school name, grade levels, district and full address.

Step-by-Step Instructions to Complete an Assessment for *Let's Move!* Active Schools

Step 1: Log in at www.letsmoveschools.org.

Step 2: Click on **Evaluate** on the left-hand side.

Step 3: Choose a module to start working on, and click **Answer Questions**. Select your answers, clicking **Save and Next** once you have finished a question.

Step 4: Click **Save** when you have finished answering all of the questions.

Step 5: Now you are ready to start working on your Action Plan!

Note: In the past, it was required that the schools submit their assessments. This year the assessment does not need to be submitted. Clicking 'Save' is all you need to do to complete this step.

For more information or assistance, please contact us at help@letsmoveschools.org or 855-972-0876.

Let's Move. Active Schools

Let's Move! Active Schools

What is *Let's Move!* Active Schools?

Let's Move! Active Schools is a physical activity and physical education solution to ensure **60 minutes** of physical activity is the new norm for schools. An **Active School** incorporates physical activity before, during and after school for at least **60 minutes** every day.

How does *Let's Move!* Active Schools help you?

Powered by a national collaboration of leading health and education organizations, *Let's Move!* Active Schools streamlines the selection of programs, resources, professional development and funding opportunities, and delivers a customized Action Plan – making it simple for teachers and strategic for administrators. Ultimately, *Let's Move!* Active Schools, part of the First Lady's *Let's Move!* initiative, helps schools develop a culture in which physical activity and physical education are foundational to academic success.

What does an Active School look like?

- **Physical Education**. Provide effective physical education that is fun and inclusive.
- **Physical Activity During School.** Create active classrooms. Include physical activity breaks in lessons.
- **Physical Activity Before & After School.** Offer students opportunities to begin and end their day with physical activity.
- **Staff Involvement.** Emphasize physical activity as a priority for the whole staff.
- **Family & Community Engagement.** Connect with the community. Make your school the center for physical activity.

Active Kids Do Better.

- Higher test scores
- Improved attendance
- Increased focus
- Better behavior
- Elevated interpersonal skills
- A lifetime of healthy habits

Did You Know?

2 in 3

kids today are inactive

SUPPORTING ORGANIZATIONS

Action for Healthy Kids
Alliance for a Healthier Generation
Athletes for Hope
BOKS
ChildObesity180
GENYOUth Foundation
GoNoodle
Good Sports
Kaiser Permanente
Kids in the Game
Let's Move!
NBA FIT
NIKE, Inc.
Partnership for a Healthier America
President's Council on Fitness, Sports & Nutrition
Safe Routes to School National Partnership
SHAPE America
SPARK
U.S. Department of Health and Human Services
USA Track & Field

How does it work?

After signing up on **www.letsmoveschools.org**, you will be guided thorough a simple process.

#1 **EVALUATE.** How is your school already moving? Our assessment tool will show where you already shine and where you need to step it up. Then, develop your Action Plan and get moving.

#2 **ACTIVATE.** Amplify your Action Plan. Identify the resources, programs, and initiatives that make sense for your school.

#3 **CELEBRATE.** You've planned, you've acted…the only thing left is to celebrate!

Who can sign up?

Anyone can sign up to champion the *Let's Move!* Active Schools movement at **www.letsmoveschools.org**. We need school leaders, teachers, parents and community members to work together to get our nation's kids moving again.

Let's Move! Active Schools helps schools increase physical activity opportunities for students by…

- Leveraging its powerful network of national health and education organizations.
- Matching schools with evidence-based programs, resources and initiatives.
- Elevating the role of physical educators.
- Equipping school and district leaders to enact system-change.
- Providing funding for physical activity and physical education programming and curriculum.

www.letsmoveschools.org

Let's Move. Active Schools