



# GET UP & GET GROOVIN'

## How to use this Classroom Physical Activity Tracker with your students

We know all kids should get 60 minutes of physical activity each day\*. Physical activity in the classroom as a great way to help your students meet these minutes! Strive to incorporate at least 10 minutes of daily physical activity through movement breaks in your classroom. Start by checking out the **Brain Breaks, Instant Recess & Energizers Activity** in Action for Healthy Kids' **Game On program**.

### Take Action!

- **Post your classroom physical activity tracker in your classroom.** Assign a student each week to complete it at the end of every day. Spend a few minutes on Monday discussing the previous week's activities.
- **Classroom fitness breaks don't necessarily have to be a break from learning.** Integrate physical activity into academic concepts when possible.
- **Involve your Physical Education teacher.** They can teach students activities during P.E. class that the classroom teacher can incorporate inside the classroom. This empowers students and helps teachers feel more comfortable implementing activity breaks.

Check out Game On for additional ideas to get students movin' and groovin'!

WITH YOUR CLASS,  
REFLECT ON YOUR WEEK!

Our favorite physical activity this week was :

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Was our class active for 10 minutes every day this week?

(check one)

- Yay, we did it!
- Nope, but we'll try again next week



\*SHAPE America, 2013

Teacher: \_\_\_\_\_

Classroom: \_\_\_\_\_

Week of: \_\_\_\_\_

CLASSROOM PHYSICAL ACTIVITY BREAKS TRACKER					
Example	Monday	Tuesday	Wednesday	Thursday	Friday
# of Minutes					
2 (yoga)					
1 (stretching)					
2 (dance video)					
1 (jumping jacks)					
4 (math activity)					
10 Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes

**Some activities we did this week were:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



**Every kid healthy, active and ready to learn**

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