



ACTION FOR
HEALTHY
KIDS 

Advancing Your SHI Score
Physical Activity

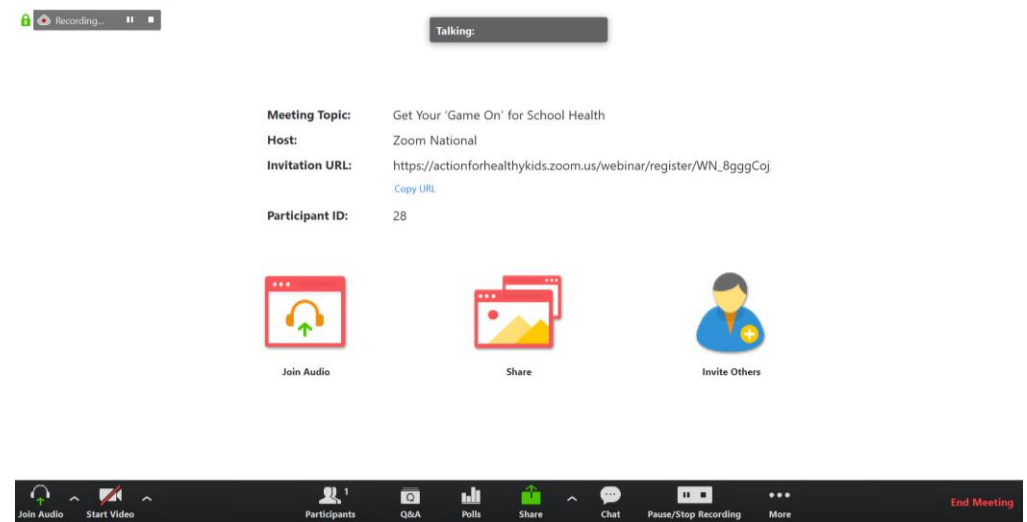
Today's Presenters



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Logistics

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » Submit questions in the question box
- » This call is being recorded
- » Link to recording and handouts will be sent out following the call



Agenda

- » School Health Index (SHI) and why it's important
- » Advancing Your SHI Score: Physical Activity
 - 150 minutes of physical education per week
 - Availability of physical activity breaks in classrooms
 - Availability of before and after school programming
- » Additional Action for Healthy Kids Resources

Why Take the School Health Index?

- » Develop relationships with key staff
- » Determine your schools strengths and weaknesses
- » Define foals that suit your schools needs
- » Justify your decision to make changes
- » Document starting points to show progress over time
- » Develop an Action Plan for improving school health



Complete your School Health Index assessment annually so you can measure your progress over time.

SHI Question – Physical Activity

150 minutes of physical education per week

- » Do all students in each grade receive physical education for **at least 150 minutes per week** throughout the school year? NOTE: Physical education classes should be spread over at least three days per week, with daily physical education preferable.
- Yes.
 - 90-149 minutes per week for all students in each grade throughout the school year.
 - 60-89 minutes per week for all students in each grade throughout the school year.
 - Fewer than 60 minutes per week or not all students receive physical education throughout the school year.

150 Minutes of PE per Week

- » Recommendation: 150 minutes of instructional PE for elementary students and 225 minutes for middle and high school students per week for the entire school year.
- » Physical Education is based on a comprehensive, content-specific instructional curriculum.
- » A quality PE program that meets national guidelines is the cornerstone for a physically active school and helps support improved classroom behavior, physical fitness, and standardized test scores.

<https://www.shapeamerica.org/standards/pe/>

Strategies: 150 minutes of PE per Week

- » Join the Active Schools Movement
 - [Join Active Schools](#)
- » Check out your state's physical education mandates and ensure that your school is meeting or exceeding the specific guidelines.
 - [Shape America - PE Program Checklist](#)
- » Read through your district's Local School Wellness Policy
 - [Shape America - Guide for PE Policy Language](#)
- » Avoid PE Opt Out Waivers
 - [AFHK - Avoiding PE Opt Out Waivers](#)
- » Organize a Comprehensive School Physical Activity Program
 - [CDC - Comprehensive School Physical Activity Program Guide](#)

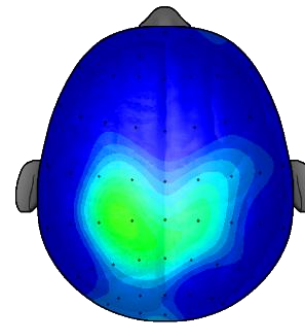
SHI Question – Physical Activity

Availability of physical activity breaks in classrooms

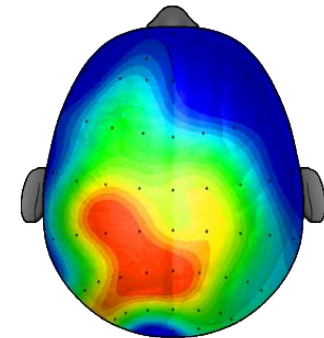
- » Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?
 - Yes, on all days during a typical school week.
 - Yes, On most days during a typical school week.
 - Yes, On some days during a typical school week.
 - No, we do not provide students with opportunities to participate in physical activity breaks in classrooms.

Classroom Physical Activity Breaks

- » Physical activity breaks can also be referred to as brain breaks, energizers, classroom activity breaks, etc.
- » These are actual breaks that occur in the academic classroom, allowing students to take a mental and physical break from current academic tasks.
- » They can occur at any time during the school day, last from 5–30 minutes, and occur all at one time or several times during the school day.



20 minutes of sitting quietly



20 minutes of walking

Strategies: Classroom Physical Activity Breaks

- » Engage and leverage your [school health team](#).
- » Understand your [local school wellness policy](#) and how it supports or enhances opportunities for brain breaks and classroom energizers.
- » Develop an elevator pitch.
- » Get your principal's approval! A supportive principal is essential to your efforts.
- » Keep physical activity breaks short and manageable. Shoot for 1 – 5 minute breaks at least 2-3 times per day.
 - [AFHK - Classroom Physical Activity Breaks](#)
 - [Go Noodle](#)
 - Movement in the Classroom Tip Sheet: [English](#) | [Spanish](#)

Strategies: Classroom Physical Activity Breaks

- » Explore active learning opportunities in each class.
 - [AFHK - Active Learning Opportunities](#)

- » Utilize morning announcements to implement a school wide physical activity break and get kids focused for what's ahead or take a walking lesson.
 - [AFHK - Classroom Energizers and Brain Breaks](#)

- » Take advantage of transitional time
 - [Playworks - Transitioning Students](#)

SHI Question – Physical Activity

Availability of before- and after-school physical activity

- » Does your school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity)?
 - Yes, both before and after school.
 - We offer before school or after school, but not both.
 - We do not offer opportunities for students to participate in physical activity before or after school, but there are plans to initiate it.
 - No, we do not offer opportunities for students to participate in physical activity before or after school, and there are no plans to initiate it.

Before and After School Programming

- » The Society of Health and Physical Educators (SHAPE America) recommends that school-aged children get 60 minutes of moderate to vigorous physical activity every day.
- » Schools can increase students' daily physical activity levels by incorporating more movement into out-of-school time programs through intramural activities like sports and clubs or through walk and bike to school programs



Strategies: Before and After School Programming

- » Meet with your school administrators and school health team to secure their support and determine options for before and after school programming.
- » Consider Open Gym for a duration of time before and/or after school.
 - [AFHK - Open Gym](#)
- » Look for a teacher or other volunteer willing to lead simple dance classes, or connect with a a retired coach or athlete to officiate intramural sporting events.
 - [AFHK - Fitness Classes](#)
 - [AFHK - Intramural Programs and Activity Clubs](#)
- » Organize a Walk to School or Bike to School program.
 - [AFHK - Walking Programs](#)
 - [AFHK - Bicycling Programs](#)

Advance Your SHI Score

- » Do all students in each grade receive physical education for at least 150 minutes per week throughout the school year? NOTE: Physical education classes should be spread over at least three days per week, with daily physical education preferable.
 - *Evaluate where your current PE program stands. If children are receiving less than 60 minutes of dedicated PE per week, consider adjusting class time per day or number of days per week – bringing your score from a 0 to a 1. Calculate the number of minutes needed to bring you to the next level and identify ways you can work with your administration and school health team to reach that next goal.*

Advance Your SHI Score

- » Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?
 - *Adding in classroom physical activity breaks at least once a week brings your score from a 0 to a 1. Aiming for at least 2-5 minutes of daily physical activity breaks is the goal – earning you a 3, but implementing at least 60% of the school year will bring your score to a 2.*

Advance Your SHI Score

- » Does your school offer opportunities for all students to participate in physical activity before and after school, through organized physical activities (such as physical activity clubs, intramural sports, before school physical activity)?
 - *Putting a plan in place to initiate before or after school programming, brings your score up to a 1. Offering one or the other earns your school a 2 and implementing both will bring you up to a 3. Starting small is okay and it sets you up for success in the long run!*

Additional AFHK Resources

» Contact Us

- <https://www.actionforhealthykids.org/contact/>

» Healthy Kids Blog

- <https://www.actionforhealthykids.org/blog/>

» Action for Healthy Kids Grants

- <https://www.actionforhealthykids.org/school-grants-support/>

» Newsletter Sign Up

- <https://www.actionforhealthykids.org/news-sign-up>

Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!

 Action for Healthy Kids shared a link.
Posted by Jacqueline Periman [?] · December 14



Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org



Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



Contact Info

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Every kid healthy, active and ready to learn

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