AFHK School Health Index

Common Challenges and Actions to Advance Your Score!
• Students not active at least 50% of class time
  • Lack of availability of physical activity breaks
• Lack of recess or used as punishment
• Lack of family engagement in physical activity
Actions to Advance Your Score

» Use the Comprehensive School Physical Activity Program (CSPAP) model to help guide your areas of focus and join the Active Schools Movement.
  • Resource: Comprehensive School Physical Activity Programs (CSPAP) (Action for Healthy Kids)
  • Resource: Join the Movement - News and Resources (Active Schools)

» Increase classroom physical activity by integrating movement into lessons.
  • Resource: Active Learning Opportunities (Action for Healthy Kids)

» Prioritize unstructured free time for children during the day and explore alternatives to denying or using physical activity as punishment.
  • Resource: Make Time to Play Today (Action for Healthy Kids)
  • Resource: Alternatives to Withholding Recess as Punishment (Action for Healthy Kids)

» Invite families to lead activities or before/after school initiatives that promote physical activity.
  • Resource: See “Family and Community Engagement” in CSPAP resource above
Start small & celebrate success along the way!
Next Steps

» If you haven’t already, gather or build your team.
  • Resource: https://www.actionforhealthykids.org/step-1/

» Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
  • Resource: https://www.actionforhealthykids.org/school-health-index/

» Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
  • Resource: https://www.actionforhealthykids.org/step-3/
Resources and Support

• Digital Tools and Resources
• Healthy Kids Blog
• Events and Learning Opportunities

... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!
We are here to support you!
Reach out to contactus@actionforhealthykids.org for support!