

active schools/ active minds



Ideas to Incorporate 10 More Minutes of Physical Activity Every Day

Physical activity helps kids become better learners and lead healthier lives. Research shows that when kids are more active, their classroom behavior and focus on schoolwork improves. They are also less likely to be absent from school, and when kids are in school and focused, they will learn more. The benefits of activity extend far beyond the school day. Research also shows that when children learn healthy habits early in life, they are more likely to live healthier, longer lives.

Moving for 10 more minutes a day is easier than it sounds. Need some inspiration? Try one of these ideas:

1. **Move your classroom outdoors.** Spring fever? Take students on a 10-minute walk around your school's grounds.
2. **Sound the fitness alarm.** Use your school's public address system to lead physical activity breaks for all students throughout the school day. Sound the alarm at 10 a.m. and 2 p.m. for 5-minute physical activity breaks at each time.
3. **Get online with an interactive video.** [GoNoodle](#) and [Adventure to Fitness](#) have free videos that get your kids up and moving. Play one when you notice your students getting antsy in class. The Alliance also has Zumba, yoga, fitness training, and Tae Bo [videos](#) your students can enjoy.
4. **Start your class with physical activity task.** Print this [deck of cards](#) and give one to each student as he or she enters your classroom. The students will complete the task on the card independently, shaking out that energy, and preparing to focus on your classroom's work.
5. **Use flash cards.** Repurpose flash cards by adding a physical activity to math cards. Have students take turns answering the math equations and doing an activity with the corresponding number of repetitions. For example, $4 \times 4 = \underline{\quad}$ hops.
6. **Take a quick fitness break.** Have your students been sitting for a while? Use these [student fitness break cards](#) to get them up and moving in the classroom, coming back to their desks recharged.
7. **Encourage teamwork with homemade "fit sticks."** Simply buy a bag of plain craft sticks and write one physical activity on each stick. For example, 15 punches, 10 hops, or 13 jump shots. Place the sticks on a desk. Ask your students to choose a stick and find a partner to do the physical activity.

QUESTIONS?

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