



Additional Resources

ORGANIZATIONS & ONLINE RESOURCES

Let's Move in Schools	http://www.aahperd.org/letsmoveinschool/
Action Based Learning	http://abllab.com/
Action for Healthy Kids	www.actionforhealthykids.org
After School Physical Activity	www.afterschoolpa.com
Be Active North Carolina	http://www.beactivenc.org/getactive/youth/schools/energizers/
Be Active Florida	http://www.beactiveflorida.org/energizers.aspx
Cira Ontario (recreation activity)	http://www.ciraontario.com
PE Central	www.pecentral.org
PE Links 4 U	http://www.pelinks4u.org/
Safe Routes to Schools	http://www.saferoutestoschools.org/
SPARK PE	www.sparkpe.org
Walking School Bus	http://www.walkingschoolbus.org/

PRODUCTS & TOOLS

Active Healthy Schools (San Diego, CA)	www.activeandhealthyschools.com
Daily Fit Log Fitness Technology	www.dailyfitlog.com
Energizing Brain Breaks	http://energizingbrainbreaks.com/
Activity Burst for the Classroom, David Katz, MD	http://www.davidkatzmd.com/abcforfitness.aspx

ACTIVITY PROGRAMS

Jump Rope for Heart & Hoops for Heart	http://www.aahperd.org/jump/
Playworks	http://www.playworks.org/
Boks	http://www.bokskids.org/
Fitness for Life	http://www.fitnessforlife.org/
Jam (Just-a-Minute) School Program	http://www.jamschoolprogram.com/



Additional Resources

BOOKS

Schoolwide Physical Activity: A Comprehensive Guide to Designing and Conducting Programs, Judith Rink, Tina Hall, and Lori Williams (2010)

Kinesthetic Classroom, Teaching Learning Through Movement, Traci Lengel and Mike Kuczala (2010)

Action Packed Classrooms, K-5, Cathie Summerford, (2009)

CDC LINKS

www.cdc.gov/kidswalk

<http://www.cdc.gov/healthyyouth/cshp/components.htm>

<http://www.health.gov/paguidelines/adultguide/default.aspx>

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

TOOLS & SUPPORTING EVIDENCE

Physical Inactivity Cost Calculator

<http://www.ecu.edu/picostcalc/costcalculator/coi.asp>

The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pape_executive_summary.pdf

New Evidence Strengthens Case for Increasing School-based Physical Activity

(Robert Wood Johnson Foundation, 2009), <http://www.rwjf.org/pr/product.jsp?id=48968>

Healthier Students Are Better Learners: A Missing Link in School Reforms to Close the Achievement Gap

EQUITY MATTERS: Research Review No. 6, Charles E. Basch, March 2010

http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf

School Health Guidelines to Promote Healthy Eating and Physical Activity Recommendations and Reports
September 16, 2011 / 60(RR05);1-71

http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6005a1.htm?s_cid=rr6005a1_w

Executive Summary, School Policies and Practices to Improve Health and Obesity: National Elementary School Survey Results

http://www.bridgingthegapresearch.org/asset/92v1fd/ES_2012_execsumm.pdf