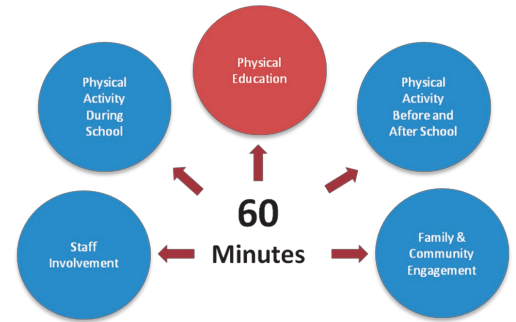


# Let's Move! Active Schools

KANSAS



**Let's Move! Active Kansas Schools (LMAKS)** is a Healthy Kansas Schools project that trains Kansas physical education teachers to become Certified Physical Activity Leaders.

## Student Activity Levels and the Role of Schools

- Many students do not engage in the recommended amount of physical activity.
- Children should participate in at least 60 minutes of physical activity, daily.
- The school day provides a great opportunity for students to be physically active through recess, physical education, before-and-after school programs, and in-class activities that work the body and mind.
- In addition to health benefits, research suggests physical activity is linked to better academic performance.
- Schools benefit from having physically active students.

## LMAKS Provides Physical Educators:

- Training to become an AAHPERD Certified Physical Activity Leader.
- Professional development support through:
  - ◆ A stipend
  - ◆ Educational resources
  - ◆ AAHPERD/KAHPERD membership
  - ◆ Conference registration
- Mentoring throughout the certification process.
- Preparation to serve as a resource within the school to assist other teachers and administrators in increasing student physical activity.

Through Let's Move, over 200 Kansas physical education teachers and university faculty have received training to become Physical Activity Leaders through the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Kansas leads the nation in the number of PE professionals trained on Let's Move! and is committed to improving the health of students and staff.

### Kansas Examples:

- Before school "walk-&-talk" programs.
- Brain breaks and physical activities within the classroom.
- Health-focused Facebook page for school staff.

**Don't sit there —  
Let's Move!**

For information on LMAKS, visit [www.kshealthykids.org](http://www.kshealthykids.org) or contact Mark Thompson at [mathompson@ksde.org](mailto:mathompson@ksde.org) or Jennifer Church at [jchurch@kdheks.gov](mailto:jchurch@kdheks.gov)

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