

Resources for Classroom Teachers

Lesson Ideas Active Academics provides practical ideas for integrating physical activity in K-5 math, reading/language arts, health/nutrition, and physical education classes.

www.activeacademics.org

Go Noodle is an interactive web site for elementary teachers to be comfortable with movement in the class room. www.gonoodle.com

Take 10 offers a searchable database of classroom-based physical activity lessons for K-5.

www.take10.net/whatistake10.asp?page=new

Activity Bursts for the Classroom shows elementary schools how to restructure physical activity into multiple, brief episodes throughout the day without taking away valuable time for classroom instruction.

www.davidkatzmd.com/abcforfitness.aspx

Brain Breaks provides physical activity lessons for K-6 classrooms. Lesson menu is broken into specific content areas and other settings.

www.emc.cmich.edu/brainbreaks/

Energizers are classroom based physical activities for grades K-8 that integrate physical activity with academic concepts.

www.ncpe4me.com/energizers.html

Winter Kids Outdoor Learning Curriculum is aligned with National Education Standards and offers interdisciplinary lessons in a variety of subjects for grades K-12 with a complete adapted component for disabled children.

www.winterkids.org

Action Based Learning - puts brain-based learning into action with teacher friendly, "kid-tested, kid-approved" strategies that move students to learn! See the "articles" tab.

<http://www.actionbasedlearning.com/>

Brain Rules - is a multimedia resource detailing 12 key rules scientists know about how the brain works. For each brain rule Dr. John Medina presents the science and then offers ideas for investigating how the rule might apply to our daily lives, especially at work and school.

<http://www.brainrules.net>

"Spark, the Revolutionary New Science of Exercise and the Brain" by Dr. John Ratey
This book presents groundbreaking research linking the connection between exercise and the brain's performance. Evidence shows how even moderate exercise will supercharge mental circuits to beat stress, sharpen thinking, enhances memory, and much more. Chapter two is dedication to physical activity and education.

<http://www.johnratey.com>

**Organizations Supporting Youth Physical Activity and Wellness
National Association for Sport and Physical Education**

www.aahperd.org/naspe/

CDC's Division of Adolescent and School Health

www.cdc.gov/healthyyouth/index.htm

Alliance for a Healthier Generation

www.healthiergeneration.org/

Action for Healthy Kids

www.actionforhealthykids.org/

Resources for P.A.S.S. During the School Day

Implementing Classroom-Based Physical Activity

Instant Recess Lift Off!- activity videos.

Just-A-Minute (JAM) School Program-fitness break activities, including monthly newsletter.

Maximizing Opportunities for Physical Activity during the School Day

Mississippi's Health in Action Program

Mississippi's You've Gotta Move Program

Moving More Challenge - fitness challenge program available to schools to encourage physical activity before/during/after school.

NASPE's Teacher Toolbox

North Carolina Energizers - download "booklets" of energizer activities for elementary and middle school classrooms.

nrgBalance

nrgOutdoors

nrg Powered by Choice-for teens and leaders.

PE Central

Physical Activity Used as Punishment and/or Behavior Management (2009)

Ready, Set, Fit –health and activity program for classroom teachers in grades 3 and 4.

Take 10!® - Ties learning objectives to physical movement.

U.F.A. Brain Breaks- brain break activities.

Ultimate Camp Resource

Yoga Recess in Schools-DVD and free training

10 Simple Activities to Encourage Physical Activity in the Classroom

ABC for Fitness

Accelerated Learning Brain Breaks - unusual brain break games.

Active Academics - activities integrate physical activity into lessons, by grade and subject.

Activity Ideas for All Seasons

Behavior Matters Brain Breaks - brain break activities.

Brain Breaks- elementary level, organized by academic subject matter.

California Project Lean-Jump Start Teens

CDC Health and Academics

Choosy Kids – Resources for nutrition and physical activity.

Circus Fit

Comprehensive School Physical Activity Programs (2008)

Dr. Jean Brain Breaks - list of activities for younger children (pre-school and K).

Dr. Jean Songs and Activities for Young Children

Energizers: Classroom Based Activities –printable activity cards.

Fit Kids Activities - physical activities that integrate academics.

Fitness Fun Forever

Game On! The Ultimate Wellness Challenge

Get Up and Go!

Resources for P.A.S.S. Before and After School

A Primer on Joint Use

A Running Start-video resource for coaching youth runners

Afterschool.gov

Afterschool Counts!

After School Physical Activity Website

BAM: Body and Mind

Considerations for Developing Effective Afterschool Programs

California's After School Physical Activity Guidelines

Carolina Panthers Fit Squad Activity Videos

Co-Curricular Physical Activity and Sport Programs for Middle School Students (2002)

Fit for Life After-School Program – activity leader handouts and nutrition mini-lessons.

Games Kids Play

The Healthy Kids, Healthy New York After-School Initiative Toolkit

Joint Use

Kidnetic

Walking and Biking to School

Bike for All

CDC Walk to School Program

Creating a Walk to School Program

International Walk to School Program

Safe Routes to School

Walking School