





Let's Move in School

An AAHPERD Initiative





The goal of Let's Move in School is to ensure that every school provides a [comprehensive school physical activity program](#) with quality physical education as the foundation so that youth will develop the knowledge, skills and confidence to be physically active for a lifetime.





Why should schools implement CSPAP?

1. Physically active students have better learning readiness, attention, fewer behavior issues, and better academic outcomes.

(CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.)

2. Children and adolescents need 60 minutes or more of physical activity each day.

(CDC. Physical Activity for Everyone; <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>.)

3. About 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese.

(From: www.cdc.gov/obesity/data/trends.html; data from the National Health and Examination Survey (NHANES).)

They are more likely than normal weight youth to become overweight or obese adults.

(From: www.cdc.gov/healthyyouth/obesity/index.htm; citation: U.S. Surgeon General. Overweight and Obesity: Health Consequences. Rockville: MD; 2001.)

Physical Education

1. Implement a standards-based curriculum that includes a clear scope and sequence.
2. Identify clear objectives (i.e., psychomotor, cognitive and affective) for each physical education lesson.
3. Provide instruction in a variety of skills related to sport, lifetime activities and fitness.

Ph

the school day

1. Include a healthy living tip as part of each morning's announcements.
2. Provide short (5- to 10-minute) physical activity breaks during long stretches of seated instruction.
3. Provide secondary school students with drop-in recess activities they can use during their lunch or free periods.

Ph

before and after school

1. Create safe opportunities for students to walk and bike to school through collaboration with parents and community organizations.
2. Open and supervise physical activity facilities (e.g., weight room and fitness center) for staff and student use before and after school.
3. Organize physical activity clubs and intramural sports to encourage physical activity by students of all abilities and interests.
4. Include physical activity in before-and after-school programs.

Staff Involvement

1. Conduct a staff needs assessment to identify health-related needs and work with local organizations (e.g., hospitals, wellness centers, and fitness clubs) to meet those needs.
2. Hold walk-and-talk meetings with colleagues.
3. Provide professional development on creating opportunities for physical activity in the classroom.

Family and Involvement

1. Include physical education and physical activity information on the school website and in each school newsletter.
2. Invite community participation in special events (e.g., Fitness Night and Jump Rope for Heart).
3. Educate students about community physical activity resources such as the recreation center, bike path, and boating facility.



- ü Launched in March 2012

- ü Overview

- ü Options

- ü Discount for State/District
AHPERD's

- ü Example - Let's Move in
Kansas Schools

Outreach



Sign up Today!

jamworldrecord.org



- 7100 schools registered
- 4 million students
- 5000 principals
- More than 20,000 physical education teachers
- Government, Strategic, and Corporate partners
- Website and social networking



Tools and Resources

1. Videos, tips, information, tools on www.LetsMoveInSchool.org
2. Hard-copy school toolkit
3. Online PE Teachers toolkit
4. Brochures and school posters
5. Webinar series
6. Online toolkits for administrators

Upcoming

1. Name the LMIS mascot contest
2. Showcase event October 26
3. NASPE sponsored school
4. Interactive website
5. Data collection
6. Nutrition education
7. LMIS activity plans



Spread the Word

- Encourage schools to register
- Raise awareness of www.letsmoveinschool.org
- Embrace the concept of a Comprehensive School Physical Activity Program