



Take a Break for Health

Helping students get their 60 minutes of physical activity a day through short bursts of activity during the school day.

Experts say that getting 60 minutes of physical activity is best for you. They also say that 60 minutes of activity doesn't have to be done all at once. In fact, research shows that getting some physical activity in short breaks throughout the school day can help you stay focused and alert during class.

These action strategies are designed to help you spread the word, throughout the school, community that taking a break for physical activity can improve not only just student (and adult) health, but it can help you perform better. The activities highlighted here will build long-term awareness and healthy habits for everyone in your school.

IN-CLASS PHYSICAL ACTIVITY BREAKS

Encourage students to stay active by sneaking in short physical activity breaks during the school day. With guidance from your school's P.E. teachers, have classroom teachers include 3- to 5-minute breaks for fun and creative physical activities during class.

- **Form a team of students and P.E. teachers** to brainstorm brief physical activities that can be done in class with minimum equipment. The goal of activities should be to get students and their teachers moving in a fun and creative way, in order to get up to half the recommended 60 minutes of daily physical activity (outside of P.E. classes) during the school day.
- **Check out In-School Activity Breaks** for a list of 30 activities that can be used in any classroom. Use these ideas to create more of your own activities. You can also find information to help you plan this program in the NFL Play 60 Challenge.

- **Plan a presentation** for classroom teachers and the principal to show how physical activity can be incorporated into regular classroom activities, as short breaks during class or at the beginning or end of class periods. Ask for their input and gain their support. See the Sample Presentation for tips and tools. Share a list of physical activity suggestions. Encourage teachers to be creative and devise and share some of their own activity ideas!
- **Promote In-Class Physical Activity Breaks** among students and teachers by putting up signs advertising the program and encouraging students and teachers to participate. Make morning announcements highlighting activities that have taken place and suggesting further activities. Ask students to make comments and choose their favorite activities. They can leave comments with team members or in a "comment box" in the P.E. office.
- **Don't forget to remind everyone** that they can track their physical activity behaviors to earn rewards for your school in the Fuel Up to Play 60 Competition while taking healthy physical activity breaks throughout the day!

Everyone Can:

- Form a planning team.
- Prepare and help make a presentation to teachers and the principal.
- Provide classroom teachers with a bank of activities.
- Lead the in-class physical activity breaks.
- Promote the program with students and teachers.
- Ask for student input.
- Remind students to track their physical activity behaviors.



MONTHLY PHYSICAL ACTIVITY CHALLENGE

Organize a monthly activity challenge for students and staff, incorporating physical activities that can be done in short bursts and challenging the whole school community to see who can complete all the activities on the calendar. Challenge students to increase their physical activity while earning rewards for your school by tracking their behaviors in the Fuel Up to Play 60 Competition.

- **Work with a team** including students, the principal and P.E. teachers to create monthly challenge activity calendars. Calendars should include one suggested physical activity for each day. Check out In-School Activity Breaks suggestions and the NASPE Teacher Toolbox for physical activity ideas that can be done in just a few minutes.
- **Reproduce and distribute** monthly activity calendars to teachers and students at your school.
- **Meet with teachers** in advance to gain their support (see the Sample Presentation for tips and tools), and then promote the program among students by putting up signs and encouraging students to participate.
- **Make morning announcements** that highlight the day's physical activity. Ask for volunteers to act as activity leaders in their classrooms. Activity leaders can demonstrate activities and encourage students and teachers to participate.
- **Ask teachers or student volunteers** to tally each classroom's monthly results. How many activities did the class complete? How many students participated? Consider awarding certificates to classrooms or students who have completed a whole month of physical activities.
- **Don't forget to remind** everyone that they can track their physical activity behaviors in the Fuel Up to Play 60 Competition while working on completing a whole month's worth of physical activities!

Everyone Can:

- Form a planning team.
- Help create monthly physical activity calendars.
- Reproduce and distribute calendars.
- Meet with teachers to gain their support.
- Promote the program among students.
- Tally monthly results.
- Remind students that they can track their physical activity behaviors.



STOP AND GO SIGNS

Place “point-of-decision” prompts around the school to encourage everyone to get active.

- **Organize a planning team** of students and P.E. teachers in your school. Share information about point-of-decision prompts and how they have been shown to increase physical activity.
- **Create a set of prompts** that encourage students to get 60 minutes of physical activity during each school day (outside of their P.E. classes). The goal of prompts is to encourage short (3- to 5-minute), fun bursts of physical activity that can be done anywhere. Examples could include simple statements, such as “There are 1,440 minutes in a day — use 60 of them to get active,” or more specific ideas like “Stop here and do 10 toe raises” or “Go home and jump rope today.”
- **Find activity ideas** at In-School Activity Breaks.

- **Design posters** that feature the prompts or ask art students to help create the posters. Decide on the best locations to place posters, including areas where students tend to gather or spend a lot of time, such as the cafeteria, foyers and lobbies, inside classrooms, and courtyards. Be sure to change the prompts and their locations on a regular basis to keep students’ interest high!
- **Advertise the program** through morning announcements, flyers or ads in the school newsletter.
- **Encourage students to increase their physical activity** while earning rewards for your school in the Fuel Up to Play 60 Competition.

Everyone Can:

- Create a planning team.
- Help create physical activity prompts.
- Create posters.
- Help decide where to place posters.
- Rotate posters and their locations.
- Advertise the program.
- Encourage students to track their physical activity behaviors.



LUNCH BREAK

Get students at your school active during lunch by having everyone get up and take a short 3- to 5-minute activity break each day. Add some fun by making contests out of the activities. Encourage your classmates to track these physical activities to earn rewards for your school in the *Fuel Up to Play 60 Competition!*

- **Plan daily physical activities** that students can do after eating a healthy lunch. Form a team of students and ask your school's P.E. teachers to help you. Check out *In-School Activity Breaks* for a list of 30 suggested activities, and use these ideas to create more of your own activities. With your team, decide on the best time during lunch period to do the activities. Consider using the end of the period when students are not in the serving lines, so that all students can get involved.
- **Advertise the program** to students by making morning announcements, passing out flyers, putting up posters or placing ads in the school newsletter.

- **Ask for student leader volunteers** who will lead students in the cafeteria in each day's activity. Pass out a schedule of activities to student volunteers on a weekly or monthly basis. After each day's activity, have student leaders remind the student body to track these physical activities.
- **Consider asking students** to rate the activities and suggest new ones. Evaluate these comments, then reschedule favorite activities and add suggested activities to the schedule.

Everyone Can:

- Form a team.
- Help create a schedule of activities.
- Volunteer as leaders.
- Lead classmates in a daily physical activity.
- Suggest new activities and rate favorite activities.
- Advertise the program.