

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Physical Activity and Physical Education

This list contains online resources for physical education and physical activity. Resources are listed by main category. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

For additional content areas related to healthy school environments, see the Connecticut State Department of Education’s (CSDE) other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

Quick Search Tips: Click on the blue titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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For more information, visit the CSDE's [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, susan.fiore@ct.gov.

This document is available at
www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesPA.pdf.

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Behavior Management

Behavior Management

Center for Mental Health in Schools: <http://smhp.psych.ucla.edu/>

Center on the Social and Emotional Foundations for Early Learning: www.vanderbilt.edu/csefel/

Classroom Management (National Education Association): www.nea.org/tools/ClassroomManagement.html

Collaborative for Academic, Social, and Emotional Learning (CASEL): <http://casel.org/>

Good Behavior Game (GBG):

<http://interventioncentral.org/behavioral-interventions/schoolwide-classroommgmt/good-behavior-game>

Intervention Central: www.interventioncentral.org/

Tools and resources to help school staff and parents to promote positive classroom behaviors and foster effective learning for all children and youth.

Make Your Day Program: www.makeyourday.com/mydhome.html

National School Climate Center: www.schoolclimate.org/climate/

Physical Activity Used as Punishment and/or Behavior Management (NASPE Position Statement)

(National Association for Sport and Physical Education, 2009):

www.shapeamerica.org/advocacy/positionstatements/pa/loader.cfm?csModule=security/getfile&pageid=4737

Positive Behavioral Interventions and Supports: www.pbis.org/

Reducing Behavior Problems in the Elementary School Classroom (Institute of Education Sciences, U.S. Department of Education, 2008): https://ies.ed.gov/ncee/wwc/Docs/PracticeGuide/behavior_pg_092308.pdf

Responsive Classroom: www.responsiveclassroom.org/

The Whole Child (The Association for Supervision and Curriculum Development):

www.wholechildeducation.org/

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Classroom Physical Activity

Classroom Physical Activity

ABC for Fitness (Activity Bursts in the Classroom) (David Katz, M.D., Yale University School of Medicine):
www.davidkatzmd.com/abcforfitness.aspx

Active Academics: Learning in the Move: www.activeacademics.org/
Resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content.

Brain Gym (Edu-Kinesthetics, Inc.): www.braingym.com/
Available for purchase: Resources on classroom-based physical activities that integrate physical activity with academic concepts.

Classroom “Brain Break” Game Ideas for Elementary Teachers (A Healthier Michigan):
www.ahealthiermichigan.org/2015/09/10/elementary-teacher-classroom-games/

Classroom Exercise Breaks for Elementary Students (KidsHealth, The Nemours Foundation):
<http://kidshealth.org/parent/educator/elementary-exercises.html>

Energizers: Classroom-based Physical Activities for Grades K-2 (East Carolina University):
<http://thescholarship.ecu.edu/handle/10342/5943?show=full>

Energizers for Nutrition Education (University of Minnesota Extension): www.extension.umn.edu/family/health-and-nutrition/toolkits-and-resources/energizers-for-nutrition-education/docs/energizers-all.pdf

GoNoodle (HealthTeacher): www.gonoodle.com/?ref_id=lesson_473
Web-based videos with games designed to bring physical activity breaks into elementary classrooms.

Mind and Body: Activities for the Elementary Classroom (Montana Office of Public Instruction, June 2003):
www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/MindBody.pdf

Move-To-Improve (New York State Department of Education):
www.weteachnyc.org/resources/collection/move-improve
A classroom-based curriculum to increase physical activity among students in grades K-5.

TAKE 10!TM (International Life Sciences Institute (ILSI)): <http://take10.net/>
Available for purchase: A classroom-based physical activity program for kindergarten to fifth grade students.

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Data and Trends

National Adolescent and Young Adult Health Information Center: <http://nahic.ucsf.edu/>

National Survey of Children's Health (Data Resource Center for Child and Adolescent Health):

www.childhealthdata.org/learn/NSCH

Provides data on children's physical and mental health, access to quality health care, and the child's family, neighborhood, school, and social context.

Physical Activity Data and Statistics (Centers for Disease Control and Prevention):

www.cdc.gov/physicalactivity/data/

Physical Activity Facts (Centers for Disease Control and Prevention):

www.cdc.gov/healthyschools/physicalactivity/facts.htm

Physical Activity Guidelines for Americans (Centers for Disease Control and Prevention):

<https://health.gov/paguidelines/>

Physical Activity Topics (Centers for Disease Control and Prevention):

www.cdc.gov/HealthyYouth/physicalactivity/publications.htm

Physical Education and Physical Activity (Centers for Disease Control and Prevention):

www.cdc.gov/healthyschools/physicalactivity/index.htm

School Health Policies and Programs Study – SHPPS (Centers for Disease Control and Prevention):

www.cdc.gov/HealthyYouth/shpps/index.htm

National survey conducted periodically to assess school health policies and programs at the state, district, school, and classroom levels.

Shape of the Nation: Status of Physical Education in the USA (Society of Health and Physical Educators):

www.shapeamerica.org/advocacy/son/

PE Benefits In Regards to Improving Academics/Brain Research:

www.pecentral.org/professional/defending/research.html

Articles and resources supporting physical education.

The Effects of Physical and Outdoor Play on Young Children's Development: An Annotated Bibliography (Eastern Connecticut State University, 2011): www.easternct.edu/cece/files/2014/06/BenefitsOfPlay_AnnoBib.pdf

Resources and research on the benefits to children's physical, cognitive, and social and emotional development, including an annotated bibliography, a comprehensive literature review, and research-into-practice briefs on a variety of topics aimed at Head Start providers and other teachers of young children.

Youth Risk Behavior Surveillance System (YRBSS) (Centers for Disease Control and Prevention):

www.cdc.gov/HealthyYouth/yrbs/index.htm

The YRBSS includes national, state, and local school-based surveys of representative samples of students in grades 9-12. These surveys are conducted every two years to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States, including tobacco use; unhealthy dietary behaviors; inadequate physical activity; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; and behaviors that contribute to unintentional injuries and violence.

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Evaluating Physical Education

School Physical Education Checklist – How Does Your Program Rate? (National Association for Sport and Physical Education, 2009).

www.shapeamerica.org/standards/guidelines/loader.cfm?csModule=security/getfile&pageid=8192

An assessment tool that allows schools (including principals, teachers, and others) to assess their current physical education programs through 15 quick questions. Also includes an action plan worksheet to guide schools in developing short- and long-term objectives for physical education.

Physical Activity Evaluation Handbook (U.S. Department of Health and Human Services Centers for Disease Control and Prevention, 2002): www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf

Outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies and additional evaluation resources.

Physical Education Curriculum Analysis Tool (Centers for Disease Control and Prevention, 2006):

www.cdc.gov/healthyyouth/pecat/

Helps school districts conduct a clear, complete and consistent analysis of written physical education curricula, based upon national physical education standards.

Physical Education Teacher Evaluation Tool (National Association for Sport and Physical Education, 2007):

www.michigan.gov/documents/mde/NASPETool_212381_7.pdf

School Health Index for Physical Activity and Healthy Eating – A Self-Assessment and Planning Guide (Centers for Disease Control and Prevention, 2014): www.cdc.gov/healthyschools/shi/index.htm

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Guidelines and Standards

Guidelines and Standards

Active Start. A Statement of Physical Activity Guidelines for Children Birth to Age 5, 2nd Edition (Shape America, Society of Health and Physical Activity Educators, 2009): www.shapeamerica.org/standards/guidelines/activestart.cfm

Appropriate Instructional Practice Guidelines, K-12: A Side-by-Side Comparison (SHAPE America (Society of Health and Physical Education, 2009)): www.shapeamerica.org/standards/guidelines/upload/Appropriate-Instructional-Practices-Grid.pdf

Appropriate Instructional Practice Guidelines for Elementary School Physical Education, 3rd Edition: A Position Statement from the National Association for Sport and Physical Education (National Association for Sport and Physical Education (No Date)): www.esc1.net/cms/lib/TX21000366/Centricity/Domain/89/appropriate%20practice%20for%20PE%20elementary.pdf

Appropriate Instructional Practices for High School Physical Education, 3rd Edition (National Association for Sport and Physical Education (No Date)): www.csun.edu/~crc53968/files/pdf/AppropriateInstructionalPractice.pdf

Appropriate Instructional Practices for Middle School Physical Education, 3rd Edition (National Association for Sport and Physical Education (No Date)): <http://users.manchester.edu/student/kcarlisle/ProffWeb/bestpractices.pdf>

Appropriate Practices for Movement Programs for Children Ages 3-5, 3rd Edition (National Association for Sport and Physical Education (No Date)): https://colorado.gov/pacific/sites/default/files/ECOP_Appropriate-Movement-Practices-3-5.pdf

At-a Glance: A Fact Sheet for Health Professionals on Physical Activity Guidelines for Children and Adolescents (Office of Disease Prevention and Health Promotion): <http://health.gov/paguidelines/factsheetprof.aspx>

Best Practices Program (PE Central. Events/programs outside of the physical education curriculum that enhance the quality of physical education at school. www.pecentral.org/bp/index.html

Bright Futures in Practice: Physical Activity (National Center for Education in Maternal and Child Health, 2001): <https://brightfutures.org/physicalactivity/about.htm>

Provides developmental guidelines on physical activity for the periods of infancy through adolescence. Includes current information on screening, assessment and counseling to promote physical activity and to meet the needs of health professionals, families and communities.

Comprehensive School Physical Activity Programs: A Guide for Schools (Centers for Disease Control and Prevention, 2013): www.cdc.gov/healthyyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf

Evidence Based Physical Activity for School-Age Youth (Strong et al. The Journal of Pediatrics, June 2005): www.ncbi.nlm.nih.gov/pubmed/15973308

Presents results of a systematic evaluation of evidence dealing with the effects of regular physical activity on several health and behavioral outcomes in US school-age youth.

Guidelines for After-School Physical Activity and Intramural Sports (National Association for Sport and Physical Education, 2001): www.statewideafterschoolnetworks.net/guidelines-after-school-physical-activity-and-intramural-sport-programs

NASPE's recommendations for planning and implementing after-school physical activity and intramural programming for children in grades K-12.

Healthy and Balanced Living Curriculum Framework (CSDE, 2006):

www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf

Curriculum guidance for comprehensive school health education and comprehensive physical education PK-12:

Moving into the Future. National Standards for Physical Education, 2nd Edition (National Association for Sport and Physical Education, 2004): www.amazon.com/Moving-Into-The-Future-Standards/dp/0883149095

Available for purchase.

National Framework for Physical Activity and Physical Education (Centers for Disease Control and Prevention, 2013): www.cdc.gov/healthyyouth/physicalactivity/pdf/National_Framework_Physical_Activity_and_Physical_Education_Resources_Support_CSPAP_508_tagged.pdf

Guidelines and Standards

National Guidelines and Standards (USDA Healthy School Meals Resource System):

<http://healthymeals.nal.usda.gov/taxonomy/term/1014/all/feed>

Opportunity to Learn Guidelines for Elementary School Physical Education, 3rd edition (Shape America, Society of Health and Physical Activity Educators, 2010): www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-Elementary-School-Physical-Education-3rd-Edition

Available for purchase. Addresses program elements essential for providing a full opportunity for students to learn physical education in elementary school. Includes a self-evaluation checklist that can be used in planning, evaluation, program development and advocacy efforts by anyone interested in the availability of quality physical education at the elementary level.

Opportunity to Learn Guidelines for High School Physical Education, 3rd edition (Shape America, Society of Health and Physical Activity Educators, 2010): www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-High-School-Physical-Education-3rd-Edition

Available for purchase: Describes the elements that a quality high school physical education program needs in order for all students to have full opportunity to meet content and performance standards.

Opportunity to Learn Guidelines for Middle School Physical Education, 3rd edition (Shape America, Society of Health and Physical Activity Educators, 2010): www.humankinetics.com/products/all-products/Opportunity-to-Learn-Guidelines-for-Middle-School-Physical-Education-3rd-Edition

Available for purchase: Describes the elements that a quality middle school physical education program needs in order for all students to have full opportunity to meet content and performance standards.

Physical Activity: Enhanced School-Based Physical Education (The Community Guide):

www.thecommunityguide.org/findings/physical-activity-enhanced-school-based-physical-education

Physical Activity for Children. A Statement of Guidelines for Children Ages 5-12, 2nd Edition (National Association for Sport and Physical Education, 2004): www.worldcat.org/title/physical-activity-for-children-a-statement-of-guidelines-for-children-ages-5-12/oclc/56095768

Physical Activity Guidelines (SHAPE America, Society of Health and Physical Activity Educators):

<http://portal.shapeamerica.org/standards/guidelines/paguidelines.aspx>

Physical Activity Guidelines for Americans (U.S. Department of Health and Human Services, 2008):

www.health.gov/PAGuidelines/

Physical Best Activity Guide: Elementary Level, Third Edition (National Association for Sport and Physical Education, 2011): www.humankinetics.com/products/all-products/The-Physical-Education-for-Lifelong-Fitness---3rd-Edition (available for purchase)

Physical Education for Lifelong Fitness, Third Edition (SHAPE America, Society of Health and Physical Activity Educators, 2011): www.humankinetics.com/products/all-products/The-Physical-Education-for-Lifelong-Fitness---3rd-Edition Available for purchase.

Physical Education (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320886

Information on physical education curriculum, instruction, assessment and resources for Connecticut schools.

Physical Education: A Guide to K-12 Program Development (CSDE, 2000):

www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320982

Physical Education Guidelines (SHAPE America, Society of Health and Physical Activity Educators):

www.shapeamerica.org/standards/guidelines/peguidelines.cfm

Physical Education is an Academic Subject: Position Statement (SHAPE America, Society of Health and Physical Activity Educators, 2015): www.shapeamerica.org/advocacy/upload/Physical-Education-Is-an-Academic-Subject-2.pdf

Promoting Physical Activity: A Guide for Community Action (Centers for Disease Control and Prevention, 2010):

www.humankinetics.com/products/all-products/The-Promoting-Physical-Activity---2nd-Edition (available for purchase)

School Policies on Physical Education and Physical Activity (Active Living Research, Robert Wood Johnson Foundation, 2013): <http://activelivingresearch.org/school-policies-physical-education-and-physical-activity>

The Community Guide. Promoting Physical Activity (Centers for Disease Control and Prevention):

www.thecommunityguide.org/pa/index.html

Guidelines and Standards

The President's Council on Fitness, Sports & Nutrition: www.hhs.gov/fitness

What Constitutes a Highly Qualified Physical Education Teacher? (National Association for Sport and Physical Education, 2007): <http://etc.usf.edu/flpe/resources/qualified-pe-teacher.pdf>

Physical Activity Guidelines for Americans (Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, 2008): <https://health.gov/paguidelines/guidelines/>
Science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity.

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Limiting Screen Time

Limiting Screen Time

Center on Media and Child Health (Boston Children's Hospital): www.cmch.tv/

Do More Watch Less: A TV/Screen Reduction Tool for Use with Youth (California Obesity Prevention Initiative and California Department of Health Services, 2006): www.letsgo.org/wp-content/uploads/K5Tab08D08a-Do-More-Watch-Less-Resource.pdf

A toolkit for afterschool programs and youth serving organizations to encourage tweens (ages 10-14) to incorporate more screen-free activities into their lives while reducing the time they spend watching TV, surfing the internet and playing video games.

Help Children Reduce Screen Time (We Can! Ways to Enhance Children's Activity & Nutrition, U.S. Department of Health and Human Services): www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_screen_time.pdf

Limit Screen Time (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*) (U.S. Department of Agriculture, December 2012): www.fns.usda.gov/sites/default/files/limitscreen.pdf

Limit Use of TV, Computers and Mobile Devices (The Nemours Foundation): <https://healthykidshealthyfuture.org/5-healthy-goals/reduce-screen-time/>

Reduce Screen Time (NIH National Heart, Lung and Blood Institute): www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/

Reduce Screen Time Tools and Resources (We Can! Ways to Enhance Children's Activity & Nutrition, U.S. Department of Health and Human Services): www.nhlbi.nih.gov/health/educational/wecan/tools-resources/tools-reduce-screen-time.htm

Screen Time and Children (Medline Plus): <https://medlineplus.gov/ency/patientinstructions/000355.htm>

Screen Time and Children — How to Guide Your Child (Mayo Clinic): www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/children-and-tv/art-20047952

Tips to Reduce Screen Time (NIH National Heart, Lung and Blood Institute): www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm

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Physical Activity Before and After School

Physical Activity Before and After School

Afterschool Physical Activity Resource Guide (Ohio Action for Healthy Kids, 2011):

www.ohioactionforhealthykids.org/wp-content/uploads/2011/07/Afterschool-Packet.pdf

Comprehensive School Physical Activity Program (Centers for Disease Control and Prevention):

www.cdc.gov/healthyschools/physicalactivity/cspap.htm

Guidelines for After-School Physical Activity and Intramural Sports (National Association for Sport and Physical Education, 2001): www.statewideafterschoolnetworks.net/guidelines-after-school-physical-activity-and-intramural-sport-programs

Healthy Out-of-School Time (National Institute for Out-of-School Time): www.niost.org/Standards-and-Guidelines

Moving More at School: Increasing Physical Activity Before and After School (Active Living Research, Robert Wood Johnson Foundation, 2012): http://activelivingresearch.org/files/ALR.Resources.Summary_Schools_09.04.12.pdf
Links to resources to promote physical activity before and after school.

Physical Activity Before and After School: How Can You Help, Ideas for Parents (Centers for Disease Control and Prevention): www.cdc.gov/healthyschools/parentengagement/pdf/p4hs_beforeafterpa.pdf

Position Statement: Schools Should Provide Before- and After-School Physical Activity And Intramural Sport Programs (Shape America, 2013): www.shapeamerica.org/admin/loader.cfm?csModule=security/getfile&pageid=4575

Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers (U.S. Department of Health and Human Services, August 2006):
www.researchconnections.org/childcare/resources/13558/pdf

Schools Should Provide Before- and After-School Physical Activity And Intramural Sport Programs: Position Statement (SHAPE America, Society of Health and Physical Activity Educators, 2013):
www.shapeamerica.org/admin/loader.cfm?csModule=security/getfile&pageid=4575 .

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Promoting Physical Activity

ACES (ALL Children Exercising Simultaneously): <http://lensaunders.com/aces/aces.html>

Information and resources regarding participation in ACES, millions of school children all over the globe will exercise simultaneously on a designated date and time in May.

Best Practices Program (PE Central): www.pecentral.org/bp/index.html

Events and programs outside of physical education curriculum that enhance the quality of physical education at school.

Encourage Active Play and Participate With Children (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*) (U.S. Department of Agriculture, December 2012):

www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Fuel Up to Play 60 (National Dairy Council and the National Football League): Interactive program to increase physical activity in schools. www.fueluptoplay60.com/

Jump Rope for Heart (American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance): www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/jump-rope-sub-home_UCM_315609_SubHomePage.jsp

Educational fundraising event held each year in elementary schools nationwide. Jump Rope for Heart teaches students the benefits of physical activity, how to keep their heart healthy and that they can help save lives right in their own community.

Hoops for Heart (American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance): www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/hoops-sub-home_UCM_315630_SubHomePage.jsp

A basketball special event program for middle school students that engages kids in community service while promoting the benefits of lifelong heart-healthy lifestyles.

Move to Learn (The Bower Foundation): www.movetolearnms.org/

Designed to help teachers raise student fitness levels and, in turn, raise student achievement.

Moving More At School — Increasing Physical Activity Before, During and After School (Active Living Research, Robert Wood Johnson Foundation, September 4, 2012):

www.activelivingresearch.org/files/ALR.Resources.Summary_Schools_09.04.12.pdf

No to Low-Cost Ways to Promote Physical Activity in the Childcare Setting (Iowa Department of Education, 2011).

http://healthymeals.nal.usda.gov/hsmrs/Iowa/No_to_Low_Cost.pdf

Promote Active Play through Written Policies and Practices (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*) (U.S. Department of Agriculture, December 2012):

www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

Provide Opportunities for Active Play Every Day (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*) (U.S. Department of Agriculture, December 2012):

www.fns.usda.gov/tn/nutrition-wellness-tips-young-children

SPARK (Sports, Play and Active Recreation for Kids): www.sparkpe.org/

Fee for service: SPARK's training and tools promise physical education classes that are more inclusive, active and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness, and After School Recreation.

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Recess

Recess

Barriers to Recess Placement Prior to Lunch in Elementary Schools (Institute of Child Nutrition, 2005):
<http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=125>

Benefits of Recess Before Lunch Factsheet (Peaceful Playgrounds):
www.peacefulplaygrounds.com/download/lunch/benefits-recess-before-lunch-facts.pdf

Developing a School Recess Plan (Board of Education of the City of Chicago, 2011):
www.cps.edu/News/Press_releases/Documents/DevelopingSchoolRecessPlan.pdf

Elementary School Recess. Selected Readings, Games & Activities for Teachers and Parents
(The American Association for the Child's Right to Play):
www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED471701&ERICExtSearch_SearchType_0=no&accno=ED471701
Assists elementary school teachers and parents in offering children in preschool through Grade 6 appropriate recess games and activities.

Focus Groups Identify Barriers to Recess Placement Prior to Lunch in Elementary Schools
(Insight No. 30., Institute of Child Nutrition, Summer 2006):
<http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080313043342.pdf>

International Play Association, USA Affiliate, Promoting the Child's Right to Play: <http://ipaworld.org/>
Resources on environments for play emphasizing universal access, leisure time facilities, programs that develop the whole child, play leadership training, toys and play materials.

NFSMI Best Practice Checklist for School Nutrition Professionals Implementing or Assessing Recess Before Lunch in Elementary Schools (Institute of Child Nutrition, 2009): www.nfsmi.org/documentlibraryfiles/PDF/20090508013951.pdf

Peaceful Playground: <http://peacefulplaygrounds.com/>
Resources available for purchase.

Playworks: www.playworks.org/
Tools to make recess fun, energetic, safe, and inclusive for all children.

Policy Statement: The Crucial Role of Recess in School (American Academy of Pediatrics, PEDIATRICS Volume 131, Number 1, January 2013): <http://pediatrics.aappublications.org/content/pediatrics/131/1/183.full.pdf>

Recess and the Importance of Play: A Position Statement on Young Children and Recess (National Association of Early Childhood Specialists in State Departments of Education, 2002):
<http://peacefulplaygrounds.com/pdf/right-to-recess/recess-importance-of-play.pdf>

Recess Before Lunch (National Education Association): www.nea.org/home/43158.htm

Recess Before Lunch (Peaceful Playgrounds): <http://peacefulplaygrounds.com/recess-before-lunch/>
Information and resources (some resources available for members only).

Recess Before Lunch. A Guide to Success (Montana Office of Public Instruction, Revised 2008):
<http://opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf>

Recess for Elementary School Students (Position Statement) (National Association for Sport and Physical Education, 2006):
<http://files.eric.ed.gov/fulltext/ED497155.pdf>

Recess/Recess Before Lunch (USDA Healthy Meals Resource System):
<https://healthymeals.fns.usda.gov/healthierus-school-challenge-resources/recess-recess-lunch>

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools (Institute of Child Nutrition, Insight No. 24, Spring 2004): <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080225034510.pdf>

Resources, Research and Supporting Information for Recess Before Lunch (Montana Office of Public Instruction.
<http://opi.mt.gov/pdf/schoolfood/rbl/RBLResources.pdf>

Right to Recess Campaign (Peaceful Playgrounds): <http://peacefulplaygrounds.com/right-to-recess-campaign/>
Includes access to toolbox with PowerPoint presentation, speakers notes, and research to support daily, unstructured physical activity during school hours.

Recess

The Case for Elementary School Recess (The American Association for the Child's Right to Play):

www.peacefulplaygrounds.com/pdf/right-to-recess/the-case-for-recess.pdf

This handbook offers parents, teachers, and school administrators information that supports the need for elementary school recess.

60 Alternatives to Withholding Recess (Peaceful Playgrounds):

<http://peacefulplaygrounds.com/60-alternatives-to-withholding-recess/>

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Safe Routes to School

Safe Routes to School

Connecticut Safe Routes to School Program: www.ctsaferoutes.ct.gov/

International Walk to School Week: www.iwalktoschool.org/

Pedestrian and Bicycle Information Center: www.pedbikeinfo.org/

Safe Routes to School (U.S. Department of Transportation):
www.fhwa.dot.gov/environment/safe_routes_to_school/

Safe Routes to School Master Plan Guidelines (Connecticut Department of Transportation (No Date):
www.ct.gov/dot/lib/dot/documents/dtransportation_safety/safe_routes_school/connecticut_srts_plan_development_guidelines.pdf

Safe Routes to School National Partnership: <http://saferoutespartnership.org/>

National Center for Safe Routes to School: www.saferoutesinfo.org/

Walkability Checklist (Partnership for a Walkable America, Pedestrian and Bicycle Information Center, U.S. Department of Transportation and U.S. Environmental Protection Agency):
www.nhtsa.gov/sites/nhtsa.dot.gov/files/walkingchecklist.pdf

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