



Physical Activity Challenge!

Student Name: _____

Description:

During the week/month of _____, students will participate in a challenge to be physically active for one hour or more every day. Active kids tend to be healthier kids, and healthier kids are better learners. Students spend most their time in the classroom, making it a practical location for adding opportunities for physical activity. Encourage your students by leading 5-10 minutes breaks of physical activity throughout the day. To help the students keep track of how many days they are being physically active for one hour or more, we are providing them with helpful tips, and a calendar to track their progress.

How to Implement Challenge:

- Provide opportunities to get physical activity throughout the day.
- Incorporate physical activity into the curriculum.
- Use physical activity as a reward.
- Inform them of tips and incentives for participating in the challenge.
- Let's Get Started!

Materials:

- (Incentive)
- Calendar
- Quick Brain Boosts (Pg. 101 of toolkit)
- Take It Outside (Pg. 110 of toolkit)
- Anywhere Exercises (Pg. 111 of toolkit)



Key Talking Points:

Why does it matter?

- Regular physical activity increases self-esteem.
- Kids who are physically active daily are less likely to be overweight or obese.
- Students who are physically active tend to have better grades, school attendance, and classroom behaviors.

Incentives:

- Dance to favorite music in the classroom.
- A “walk and talk” with a special person, favorite teacher, best friend.
- Extra outdoor activities or recess.
- Special access to toys or games that promote movement like a bike or jump rope.
- Physical activity event to celebrate accomplishments.

Additional References:

- Dedicated Activity Room (Pg. 103 of toolkit)
- The Story Walk Project (Pg. 104 of toolkit)
- Physical Activity Club (Pg. 105 of toolkit)
- Active Recess! (Pg. 106 of toolkit)
- Starting a Walking School Bus: The Basics (Pg. 107-108 of toolkit)



One Hour of Physical Activity Challenge

Description:

Use this calendar to track what physical activity you are doing each day.

1. Write down a description of the activity. Example: basketball, running, tag, etc.
2. Record how much time you spent doing that specific activity.

	Physical Activity	Amount of Physical Activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total Hours of Physical Activity _____