



Let's Active
Move. Schools



Today, youth physical inactivity and childhood obesity have reached epidemic proportions in America. Research shows that an astounding 2 out of 3 kids aren't moving enough. So, *Let's Move! Active Schools* – part of the First Lady's *Let's Move!* initiative – is on a mission to reverse that trend.

As the national initiative to ensure that 60 minutes of physical activity a day is the norm in K-12 schools across the country, *Let's Move! Active Schools* equips schools with the resources and tools to increase physical education and physical activity opportunities for students.

Why are Active Schools so important? Because **Active Kids Do Better**. Physical activity not only helps kids stay healthy and strong, but it can also contribute to higher test scores, improved attendance, better behavior in class, enhanced leadership skills and a lifetime of healthy habits.



What is an Active School?

An Active School integrates physical activity before, during and after school for at least 60 minutes every day. An Active School environment exists when a Comprehensive School Physical Activity Program (CSPAP), as defined by the Centers for Disease Control and Prevention (CDC), is being implemented. *Let's Move! Active Schools* guides schools to success in all five CSPAP components:

- **Physical Education.** Teaching knowledge and skills in a fun and inclusive manner.
- **Physical Activity During School.** Creating active classrooms, incorporating physical activity bursts during lessons, and offering daily recess.
- **Physical Activity Before & After School.** Offering students opportunities to begin and end their day with physical activity through walking and biking to school, being involved in a physical activity club, or participating on an intramural sports team.
- **Staff Involvement.** Emphasizing physical activity as a priority for the whole staff.
- **Family & Community Engagement.** Working with families and the community to make the school a center for physical activity.

Be an Active Schools Champion

Visit www.letsmoveschools.org, click "Sign Up" in the upper right-hand corner to find your school and join its team. Champions can be administrators, staff, health and physical educators, teachers, parents, community members, or anyone who is passionate about helping kids reach their greatest potential both in school and in life.

Active Kids Do Better

Active Kids' Brains Work Better

- Students who are physically active tend to have improved cognitive performance including concentration and memory.¹
- Positive physical activity experiences can boost students' self-esteem, enhance their mood, and help them develop stronger and more varied friendships.²

Physical Activity Improves Overall Academic Achievement

- Increasing the amount of physical activity in school improves grades and standardized test results.³
- Physically active classrooms lead to improvements in mathematics and literacy test performance (especially in reading and spelling).⁴
- Students who are physically active have better school attendance.⁴

Physically Active Classrooms are Easier to Manage

- Physically active classrooms have been shown to reduce students' time off-task and improve overall behavior.⁴
- Students demonstrate improved attention and classroom behavior immediately following a physical activity break or recess.⁴

1 Hillman CH, Kamijo K, Scudder M. A review of chronic and acute physical activity participation on neuroelectric measures of brain health and cognition during childhood. *Prev Med.* 2011;52(Suppl 1):S21-S28.

2 Designed to Move: Active Schools Report. Beaverton, OR: NIKE, Inc.; 2015

3 Michael, S. L., Merlo, C., Basch, C., Wentzel, K., Wechsler, H. (2015). Critical connections: Health and academics. *Journal of School Health*, 85(11), 740-758.

4 Centers for Disease Control and Prevention. Health and Academic Achievement. Atlanta, GA: U.S. Department of Health and Human Services; 2014

How Does *Let's Move!* Active Schools Work?

1. **EVALUATE.** Our short Assessment helps schools see where they already shine and where they need to step it up. Adopted from the CDC's School Health Index, the *Let's Move!* Active Schools Assessment helps schools measure their physical education and physical activity progress.
2. **ACTIVATE.** After completing the Assessment, a customized Action Plan is generated to fit the physical education and physical activity needs of the school, and champions unlock access to the full line up of activation tools, including:
 - **Grants and funding opportunities**
 - **Special offers and discounts**
 - **A one-stop shop of vetted and evidenced-based resources**
 - **Game-changing professional development**
 - **Technical assistance**
3. **CELEBRATE.** Schools are celebrated with progress incentives, success stories and the *Let's Move!* Active Schools National Award – the top physical education and physical activity distinction for K-12 schools.



The National Collaborative

There is power in having the nation's best and brightest come together to solve a problem. That's why *Let's Move! Active Schools* is powered by an innovative collaborative of leading health, education and private sector organizations that strives to bring the positive benefits of physical education and physical activity to every child across the country.

NATIONAL COLLABORATIVE

- A World Fit for Kids!
- AASA, The School Superintendents Association
- Action for Healthy Kids
- Activity Works
- Adventure to Fitness
- Alliance for a Healthier Generation
- ASCD
- Association for Middle Level Education
- Athletes for Hope
- BOKS
- CATCH Global Foundation
- ChildObesity180
- Ergotron
- Focused Fitness
- GENYOUth
- GoNoodle
- Good Sports
- Gopher
- Kaiser Permanente
- KIDS in the GAME
- Lakeshore Foundation-National Center on Health, Physical Activity and Disability (NCHPAD)
- *Let's Move!*
- Marathon Kids
- National Association of Secondary School Principals (NASSP)
- National Foundation on Fitness, Sports & Nutrition
- National PTA
- NBA FIT
- NIKE, Inc.
- Partnership for a Healthier America
- PlayCore
- Playworks
- Polar
- President's Council on Fitness, Sports & Nutrition
- S&S Worldwide
- Safe Routes to School National Partnership
- SHAPE America
- Sportime featuring SPARK
- Sqord
- StandUpKids
- UNICEF Kid Power
- U.S. Department of Health and Human Services
- USA Track & Field
- Yoga Foster

Let's Move! **Active Schools**

For more information or assistance, please email help@letsmoveschools.org or call 1-855-972-0876.