



## In-Class Physical Activity Breaks – Quickstart Guide



### What to Do

[Learn more](#)

Select from the ideas in the Play or use your own

- Brainstorm some [short, easy activities](#) that can be done without equipment
- Ask a few teachers to try out your plan
- Get volunteers (maybe older students visit kindergarten classes) to lead activities in your pilot classrooms
- Talk with the principal about setting up two or three times during the week where everyone gets up and moves



### Who Can Help

[Learn more](#)

Get key people to support your plan

- Principal
- Teachers and Students



### Build Interest

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Meet with your principal and a few key teachers who might be open to trying it

- Show them [this CDC report](#) that shows a tie between short activities and on-task behavior in class
- Consider making a video showing students doing a short physical activity break and getting right back to work



### Share Your Results

[Learn more](#)

Highlight your successes and get more help

- Use morning announcements or your school's social media to share info about classes that are participating
- Send home information for all families
- Get feedback from students about what they like or don't



### Community

[Learn more](#)

Find ways to make this Play last

- Hold friendly classroom competitions and track how many students participate
- Invite parents, community members and local businesses to participate and set up volunteer schedules