In-Class Physical Activity Breaks – Quickstart Guide

What to Do
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
Get key people to support your plan

- Principal
- Teachers and Students

Build Interest
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
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
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