



National Association for Sport and Physical Education

Integrating Physical Activity into the Complete School Day

The National Association for Sport and Physical Education ([NASPE](#)) recommends that children spend at least [60 minutes per day in physical activity](#). Along with physical education classes, students need physical activity opportunities throughout the school day to meet these recommended minimum requirements.

During the school day, children and youth need a “break” from sedentary activities in the classroom. Physical activity breaks meet this need and can increase individuals’ daily physical activity levels.

Physical activity breaks or energizers can be incorporated into the school day during early morning announcements, in hallways while students are waiting in line, and during each academic class as a way of integrating learning objectives with physical movement. Engaging the body and mind in physical activity during transition times will provide students with a much-needed break from sedentary time, and assist them in focusing on the next learning activity.

The resources below will provide meaningful physical activities that students can engage in during small amounts of time. These activities can be used by classroom teachers, physical educators, and anyone wishing to engage youth in a brief bout of physical activity.

Brain Breaks/Energizers/Physical Activities for Use During School

[Accelerated Learning Brain Breaks](#) - unusual brain break games.

[Active Academics](#) - activities integrate physical activity into lessons, by grade and subject.

[Behaviour Matters Brain Breaks](#) - brain break activities.

[Brain Breaks](#)- elementary level, organized by academic subject matter.

[Dr. Jean Brain Breaks](#) - list of activities for younger children (pre-school and K).

[Energizers: Classroom Based Activities](#)

[Fit Kids Activities](#) - physical activities that integrate academics.

[Help Inspire Strong Bodies](#) - physical activity brochure for teachers from CDC.

[Just-A-Minute \(JAM\) School Program](#)- fitness break activities, including monthly newsletter.

[Lead Them Toward Success](#) - physical activity brochure for principals from CDC.

[Mississippi's Health in Action Program](#)

[Mississippi's You've Gotta Move Program](#)

[Moving More Challenge](#) - fitness challenge program available to schools to encourage physical activity before/during/after school.

[North Carolina Energizers](#) - download "booklets" of energizer activities for elementary and middle school classrooms.

[Take Ten](#) - ties learning objectives to physical movement.

[U.F.A. Brain Breaks](#)- brain break activities.

Activities for Use Before and After School

[Afterschool.gov](#)

[After School Physical Activity Website](#)

[BAM: Body and Mind](#)

[Fit for Life After School Program](#) – activity leader handouts and nutrition mini-lessons.

[Kidnetic](#)

[Kids In Action](#)

[President's Challenge for Kids](#)

[Promoting Physical Activity and Healthy Nutrition in After School Settings: Strategies for Program Leaders and Policy Makers](#)

[ReCharge Energize After School](#) –after school activities from Action for Healthy Kids

[VERB: Play Activities for Tweens](#)

Staff Wellness Ideas

[Meeting Well Physical Activity Breaks](#)

[Physical Activity at Meetings](#)

[Strategic Alliance ENACT](#)

[UCLA Lift Off! Program](#)

[University of Hawaii](#)

Active Transport

[CDC Walk to School Program](#)

[Creating a Walk to School Program](#)

[International Walk to School Program](#)

[Safe Routes to School](#)