

Resources For In-Classroom Physical Activities

(Several websites are listed in this document. These sites are listed as a resource only to identify potentially useful ideas. The Alaska Division of Public Health School Health Program is not responsible for maintaining these external websites, nor does the listing of these sites constitute or imply endorsement of their content.)

Active Academics

<http://www.activeacademics.org/>

Grades K-8 – free site but requires registration to access resources. Multiple resources.

Alliance for a Healthier Generation

<https://www.healthiergeneration.org/>

Free site but requires registration to access resources. Several are listed below:

Commit2Ten

<http://www.commit2ten.org/>

Nationwide campaign to commit to an additional 10 minutes of physical activity a day. The #COMMIT2TEN toolkit includes resources and tools to help you get kids moving for 10 more minutes each day.

Physical Activity Task Cards

https://www.healthiergeneration.org/_asset/336fvp/14-6346_PATaskCards.pdf

21 physical activity task cards for a variety of school-based settings.

Fit for a Healthier Generation

<https://www.healthiergeneration.org/resources/>

Video collection filled with 3-5 minute videos created by fitness celebrities and designed to get students, families, and teams moving for a quick and effective physical activity break.

Secondary Classroom Physical Activities

https://www.healthiergeneration.org/_asset/590hh0/10-1819_SecondaryClassroomPA.pdf

Engaging secondary students in physical activity throughout the school day can be a challenge. Do not be afraid to try new activities to get the students moving. Here are some tips and lesson integration ideas that may be helpful for classroom teachers.

Brain Breaks: A Virtual Physical Activity Idea Book for Elementary Classroom Teachers

http://emc.cmich.edu/EMC_Orchard/brain-breaks

This virtual activity booklet was developed by the Michigan Department of Education in collaboration with students from Albion College, Concordia University, and SHAPE Michigan help increase the number of physical activities implemented in the elementary classroom.

Fuel Up to Play 60 In-Class Physical Activity

Breaks <https://www.fueluptoplay60.com/playbooks/current-seasons-playbook/in-class-physical-activity-breaks>

These three- to five-minute physical activity ideas can be incorporated into any classroom. Here are some examples of how to get students moving. Feel free to get creative and come up with your own!

[GoNoodle](#)

www.gonoodle.com

Elementary students- free site but requires registration to access resources. Features video physical activity energizers. *"We help kids channel their physical and emotional energy for good. GoNoodle's short desk-side physical activities help teachers manage their classroom and improve student performance."*

[Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom](#)

<http://www.coloradoedinitiative.org/resources/teacher-toolbox-activity-breaks/>

Teacher toolkit from the Colorado Education Initiative, including printable activity cards and online resources.

[Take 10: Classroom Based Physical Activity Program](#)

<http://take10.net/about-take10/>

A classroom-based physical activity program, developed by the International Life Sciences Institute Research Foundation a non-profit, public charitable organization with the assistance of health professionals and education experts. Teachers manuals for purchase combine academic instruction with 10 minutes physical activity breaks to get kids moving without sacrificing time dedicated to academic learning.

[10 Simple Activities to Encourage Physical Activity in the Classroom](#)

http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf

One page resource with ten simple and easy in-classroom activities for all ages.