

Active Schools

Active Classrooms Week ► Classroom Physical Activity Guide

Active kids learn better!

Classroom physical activity helps students feel better, work together as a team, reduce anxiety and maintain focus.

Did you know? Classroom teachers can contribute to their students' need for movement while simultaneously teaching and reinforcing academic concepts.

There are several ways to incorporate movement into classroom learning:

- Morning wake up activities
- Activity breaks, brain breaks, brain boosters and energizers
- Active learning and academic instruction
- Flexible seating such as sit-stand desks, pedal desks and balance boards

Remember, if a child is sitting too long, they are missing out on vital movements that could help them learn. So take these ideas and make them your own!

Resources

Integrating movement into classroom learning can be intimidating. Active Schools and our collective impact partners work year-round to encourage and support schools across the country in creating active classroom environments.

Make the case and make a plan for providing active classrooms with these research-based but user-friendly documents from Springboard to Active Schools and the Centers for Disease Control and Prevention (CDC):

[Data Brief: Integrate Classroom Physical Activity in Schools](#)

[Infographic: Strategies for Classroom Physical Activity](#)

[Strategies for Classroom Physical Activity in Schools](#)

[Integrate Classroom Physical Activity in Schools: A Guide for Putting Strategies into Practice](#)

Additional resources from our partner organizations:

Classroom Physical Activity Breaks

[Activity Works](#)

[Alliance for a Healthier Generation's Classroom](#)

[Physical Activity](#) – FREE

[BOK Bursts](#) – FREE

[Brain Breaks powered by HOPSports](#) – FREE

[Fitbound](#) – FREE

[Focused Fitness](#)

[GoNoodle](#) – FREE

[HYPE \(Helping Young People Energize\)](#) –FREE

[My School in Motion](#)

[OPEN's Tools for Active Classrooms](#) – FREE

[PLYOGA Fitness](#)

[UNICEF Kid Power Ups](#) – FREE

[Walkabouts](#)

[Yoga Foster](#)

Integrating Movement into Classroom Instruction

[Active Academics](#) – FREE

[EduMotion: SEL Journeys](#)

[Math & Movement](#)

[Power Deck Cards](#)

[The Walking Classroom](#)

Equipment for Flexible Seating and Movement

[Action Based Learning](#)

[FluidStance](#)

[Learn Fit by Ergotron](#)

[Moving Minds by Gopher](#)

[Pono Ola](#)

[S&S Worldwide](#)

[School Specialty, Sportime](#)

[StandUp Kids](#)