

# Active Schools

## Active Classrooms Week ► Talking Points

### What:

- Active Schools and their collective impact partners work year-round to encourage and support schools across the country in creating active classroom environments.
- To raise awareness of the importance of active classrooms, Active Classrooms Week aims to shine a spotlight on teachers and schools who incorporate physical activity into learning.
- From December 9-13, educators are encouraged to participate in Active Classrooms Week by showcasing ways they integrate physical activity into their classrooms and highlight the positive impact movement has on students. Teachers who don't generally incorporate movement into classroom learning are encouraged to give it a try.
- How does movement in the classroom impact your students? Share with #ThisIsYourBrainOnMovement

### Why:

- Active Kids Learn Better. Movement increases brain function. Physical activity increases blood flow which brings more oxygen, water and glucose to the brain and improves concentration. Physical activity also increases endorphins, which have a positive effect on mood.
- If a child is sitting too long, they are missing out on vital movements that could help them learn.
- Classroom physical activity helps K-12 students feel better, work together as a team, reduce anxiety and maintain focus.
- Classroom teachers can contribute to their students' need for the nationally recommended 60 minutes of physical activity a day while simultaneously teaching and reinforcing academic concepts.

### When:

- Active Classrooms Week is scheduled for December 9-13, but Active Schools will be focusing on the initiative throughout the winter months and working to normalize active classroom environments year-round.
- Active Schools will provide a no-cost Active Classrooms Webinar Series from mid-December-February for educators to learn about strategies and available resources.

### How:

- Take advantage of this unique opportunity to share your passion for physical activity in the classroom and motivate your peers to get kids moving!
- Share photos, videos, testimonials, ideas or best practices that show the impact movement has on students in a classroom setting using the hashtag #ThisIsYourBrainOnMovement
- Check out our toolkit for everything you need to get involved or encourage participation.
- Be sure to tag @ActiveSchoolsUS and #ThisIsYourBrainOnMovement to share the fun!

### About Active Schools

- The Active Schools movement is made up of parents, educators and health- and activity-focused organizations from Fortune 500 companies to small nonprofits.
- Together, they help K-12 schools provide exceptional and equitable physical activity programming for their students.
- Active Schools gives schools access to resources like training programs and grants. Those resources help schools enrich their PE and classroom curricula, as well as other before- and after-school programs.
- As champions for daily school-based physical activity, Active Schools helps parents, educators and decision-makers improve academic outcomes and inspire lifelong healthy habits, ultimately aiming to revolutionize how schools incorporate activity into student learning.