

Active Schools

Classroom Physical Activity Resources

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:

- Physical activity boosts
- Integrating movement into academic lessons
- Flexible seating for active learning such as balance balls and boards and standing and pedal desks

Remember, if a child is sitting too long, they are missing out on vital movements that can help them learn.

Integrating movement into the classroom can be intimidating. Active Schools and our partner organizations help teachers across the country create active classroom environments. Please take these resources and make them your own!

Resources from our partner organizations:

Physical Activity Boosts

- [Activity/Energizer Cards from Springboard to Active Schools](#) – FREE
- [Activity Works](#) – FREE
- [Alliance for a Healthier Generation's Classroom Physical Activity](#) – FREE
- [BOKS Bursts](#) – FREE
- [Brain Breaks by HOPSports](#) – FREE
- [FAB 5: Brain and Body Boosts by Focused Fitness](#)
- [GoNoodle](#) – FREE
- [Hip Hop Public Health](#) – FREE
- [In-School Activity Breaks from American Heart Association](#) – FREE
- [My School in Motion](#)
- [Playworks Game Library](#) – FREE
- [PLYOGA](#)
- [PowerUp Fitness](#)
- [SPARKabc's \(Activity Break Choices\)](#)
- [UNICEF Kid Power Ups](#) – FREE

Integrating Movement into Academic Lessons

- [Active Academics](#) – FREE
- [Adventure 2 Learning](#)
- [EduMotion: SEL Journeys](#)
- [Hip Hop Healthy Heart Program for Children by Shape Up US](#)
- [Math & Movement](#)
- [OPEN's Active Classrooms](#) – FREE
- [The Walking Classroom](#)
- [Walkabouts by ActivEd](#)

Flexible Seating for Active Learning

- [Action Based Learning](#)
- [FluidStance](#)
- [Moving Minds by Gopher](#)
- [S&S Worldwide](#)
- [School Specialty](#)
- [StandUp Kids](#)