



achievements

Physical activity is a win-win for both educators and students.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention Section

*Physical activity
during the school day is*
important.

Not only can it impact the overall health of students, but it can also improve academic performance. This toolkit was created to give you tips about how to ensure that physical activity is built into the school day. On our website, you will find links to helpful resources and information that can help you establish and assess a physical-activity policy at your school. Every child deserves the opportunity to be healthy and achieve academic success. As educators, you can help take on this challenge of changing the physical-activity paradigm.

Visit HealthyDelaware.org/Activate for more information and resources incorporating physical activity into the school day.



the rundown



WHAT EDUCATORS NEED TO KNOW.

Each day, roughly a quarter of Delaware children attend a physical education class. But in most cases, that is the only physical activity they will get that day. It's no wonder that nearly a third of Delaware adolescents are either overweight or obese, according to data from the U.S. Centers for Disease Control and Prevention (CDC).

WHY PHYSICAL ACTIVITY IS IMPORTANT.

- Enhances concentration and attention.
- Improves cognitive skills and behavior.
- Reduces stress and anxiety.
- Improves self-esteem.
- Reduces risk of developing chronic diseases.
- Builds healthy bones and muscles.

WHAT YOU CAN DO.

- Ensure that there is physical activity built into the school day.
- Build a school wellness committee.
- Develop a school physical activity policy and put that policy into practice in your school.
- Evaluate your programs.
- Stay informed about policy developments.



On our website, you will find links to many helpful resources with additional information contained in this toolkit. Visit HealthyDelaware.org/Activate.

fitting in fitness

NORTH DOVER ELEMENTARY IS MAKING PHYSICAL ACTIVITY A PART OF THE SCHOOL DAY.

There are many important things that educators and administrators do during the school day. The teachers at North Dover Elementary are incorporating various ways to increase physical activity among students in the classroom – and they're seeing positive results.

HERE'S WHAT THEY'RE DOING:

- Incorporating yoga into the classroom
- Walking the fitness track
- Using the playground's chin-up and parallel bars

HERE'S WHAT THEY'RE SEEING:

- Increased self-discipline
- Improved classroom behavior

"By providing outlets at school for the need to move and be physical, we're helping students function better in the classroom."

~Dr. Kelly Green

Principal, North Dover Elementary



To watch the full video
or to share your story, visit
HealthyDelaware.org/Activate.

fitting in fitness

CONCORD HIGH SCHOOL'S ADAPTIVE P.E. IS HELPING CHILDREN WITH DISABILITIES FEEL EMPOWERED.

Building activity into the students' days makes a difference. It reduces stress and anxiety, and increases overall happiness. Concord High School has created adaptive P.E. – physical education adapted to students with specific needs. As a result, students have become more confident, engaged, and eager to participate in class.

HERE'S WHAT THEY'RE DOING:

- Developing physical fitness regimes
- Assigning peer mentors who help foster relationships
- Offering low/no additional cost accommodations

HERE'S WHAT THEY'RE SEEING:

- Increased energy and happiness
- Greater confidence

To watch the full video or to share your story, visit HealthyDelaware.org/Activate.

"If you make things adaptable and modify things so kids see success, it increases participation."

~Lisa Brooks

Physical Education Teacher, Concord High School



fitting in fitness

WOODBRIIDGE MIDDLE SCHOOL IS HELPING KIDS STAY ALERT AND FOCUSED THROUGH PHYSICAL ACTIVITY.

The importance of kids being active is huge. When students sit at their desks all day, their brains begin to get tired. The educators at Woodbridge Middle School know that getting students active can help them think outside the box. So the School Improvement Team created an action plan to help relate physical activity to academics.

HERE'S WHAT THEY'RE DOING:

- Increasing physical activity through student vs. faculty basketball games
- Using their Smart Start Program to combine education and games, to make learning fun

HERE'S WHAT THEY'RE SEEING:

- Better academic performance and behavior
- Improved self-esteem

To watch the full video or to share your story, visit HealthyDelaware.org/Activate.

"It is important that students have physical activity built into their day."

~Tina Morroni

Principal, Woodbridge Middle School



delaware data

DELAWARE'S ADOLESCENT OBESITY EPIDEMIC

16% OVERWEIGHT + **14%** OBESE = **30%** OF DELAWARE ADOLESCENTS ARE EITHER OVERWEIGHT OR OBESE*

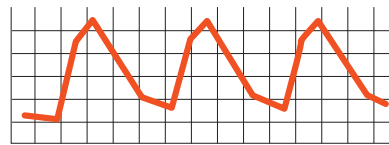
WHAT ARE KIDS DOING?



CHRONIC DISEASES AND HEALTH RISKS ARE ON THE RISE.

21% TYPE 2 DIABETES

in children ages 10 to 19 (2001–2009)



POOR BLOOD-SUGAR CONTROL

↑ 200 $\frac{\text{MG}}{\text{DL}}$

Higher levels of triglycerides

*According to data from the U.S. Centers for Disease Control and Prevention (CDC)

** Milligrams per deciliter

moving forward

WHAT IS YOUR ROLE AS EDUCATORS, AND HOW CAN YOU HELP?



As educators, **you have influence.** You can make an impact in many ways by helping to change the physical activity paradigm.



You can **give students the time** they need to engage in play and be physically active. Our website has tools to help you find ways to work physical activity into your curriculum.

WHAT ARE THE BENEFITS OF PHYSICAL ACTIVITY IN THE CLASSROOM?



Less time in the nurse's office or with social workers or behavioral specialists, which **results in better classroom conduct.**



Improves self-esteem and reduces stress and anxiety, which **enhances attention and concentration.**



Positively impacts cognitive, emotional, and learning mechanisms, which **improves academic achievement (e.g., test scores).**

WHAT ARE THE NEXT STEPS?



Ensure that there is physical activity built into the school day.



Develop an evidence-based or a model physical activity policy for your school, **OR** evaluate your existing program using WellSAT 2.0, Alliance for a Healthier Generation, or School Health Index.



Make sure that educators in your school are informed by keeping them in the loop about your policy development.



Encourage staff to participate in professional development that addresses physical education, physical activity, and comprehensive school wellness programs.

Find links to best practices and other information that can help you establish a physical activity policy at your school, at HealthyDelaware.org/Activate.