



# Physical Activity **IDEAS**

Teachers and parents can help children maintain a physically active lifestyle by providing encouragement and opportunities as well as being role models. Make learning fun by adding activity. Plan outings, events and fundraisers that allow and encourage everyone to be active. Regular physical activity improves strength, builds lean muscle, and increases self-esteem and capacity for learning. In addition to physical education classes, try some of these ideas.

## Activities at school

- Walking Club – before school, during lunch, or after school
- Walk across Arkansas – teams add up miles to cross the state. Discuss geography and/or history as they reach towns or regions.
- Math Jumping-jacks – call out a math problem with the answer less than 20. The students answer in jumping-jacks.
- Add-a-Move Memory Game – students memorize up to 10 different movements, then act them out in order
- Pedometer Progress – class or school step contest. Use math skills to add up daily steps.
- Add-verb Fun – spell a verb, act it out, and add an adverb like quickly or slowly and act it out as modified.



- Fitness Breaks – two minute stretching or dancing between lessons.

- Recitation March – students march while reciting the alphabet or multiplication tables.

- Marathon Milers – during specified weeks, students individually walk, run or jog for a total of 25.2 miles. Finish the last mile as a group during a marathon or community and/or school fun/field day.

- Morning Movement – stretch and move during morning announcements.

### School field days

- Nature walk
- Trip to the zoo
- Hike through a pumpkin patch
- Roller Skating or Ice Skating

### Activities after school

- Family Day – fun walk, kite-flying
- Fundraising – carwash, shooting hoops, walk-a-thon, bike-a-thon
- Track Time – ad lib use by students, families and community
- Activity Homework – things to do with family

- [www.fitness.gov](http://www.fitness.gov)
- [www.pelinks4u.org](http://www.pelinks4u.org)
- [www.pcentral.org](http://www.pcentral.org)
- [www.ncpad.org](http://www.ncpad.org)
- [www.take10.net](http://www.take10.net)
- [www.nichcy.org](http://www.nichcy.org)
- [www.americanheart.org/heartpower](http://www.americanheart.org/heartpower)
- [www.boundlessplaygrounds.org](http://www.boundlessplaygrounds.org)
- [www.bam.gov](http://www.bam.gov)
- [www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)
- [www.aahperd.org/NASPE/](http://www.aahperd.org/NASPE/)



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