

ACTIVE CHILDREN DO BETTER



**BRAINS
WORK BETTER**



**STRONGER SCHOOL
CONNECTIONS**



**BETTER
GRADES**



**HAPPIER
STUDENTS**



...AND SO DO ACTIVE SCHOOLS



**SCHOOLS
PERFORM BETTER**



**STUDENTS SHOW
UP TO SCHOOL,
AND STAY**



**TEACHERS FOCUS
ON TEACHING**



**STAFF, PARENTS
AND COMMUNITIES
ARE HAPPIER**



**AN ACTIVE SCHOOL PROVIDES ALL
CHILDREN WITH GREAT EXPERIENCES
IN PHYSICAL ACTIVITY & SPORT
BEFORE, DURING & AFTER SCHOOL.**



THREE THINGS AN ACTIVE SCHOOL DOES WELL

1

**INSPIRE 60
MINUTES OR MORE
OF DAILY PHYSICAL
ACTIVITY**

2

**DELIVER HIGH
QUALITY PE**

3

**CREATE A
CULTURE OF
PHYSICAL ACTIVITY
FOR ALL**

10 QUICK WINS SCHOOLS CAN IMPLEMENT TODAY

1. GIVE CHILDREN BREAKS

WHEN CHILDREN GET PHYSICAL ACTIVITY BREAKS, THEY'RE BETTER ABLE TO LEARN FOR 30-60 MINUTES FOLLOWING THE ACTIVITY. BUILDING ACTIVITY BREAKS INTO LESSON TIME, USING MOVEMENT TO HELP TEACH ACADEMIC CONCEPTS, AND REWARDING CHILDREN WITH EXTRA PHYSICAL ACTIVITY TIME ARE GREAT WAYS TO GET STARTED.

2. GET THEIR HEART RATES UP

CARDIO FITNESS IS A CRITICAL FACTOR WHEN IT COMES TO ACADEMIC PERFORMANCE. USE ACTIVITIES LIKE STAR JUMPS, JOGGING ON THE SPOT, OR SKIPPING THAT GET CHILDREN BREATHING HARD AS OFTEN AS POSSIBLE. THE BETTER THE FITNESS LEVEL, THE BETTER THE PERFORMANCE IN SCHOOL.

3. ENCOURAGE BASIC MOVEMENT SKILLS

MOVEMENTS LIKE WALKING, RUNNING, JUMPING, THROWING, CATCHING AND SKIPPING ARE THE BUILDING BLOCKS OF A CHILD'S PHYSICAL, COGNITIVE AND SOCIAL DEVELOPMENT. FOR MORE INFORMATION ON HOW TO BUILD THESE SKILLS, SEE THE SAMPLE ACTIVITIES IN *DESIGNED TO MOVE: ACTIVE SCHOOLS*.

4. ENCOURAGE FREE PLAY DURING BREAK TIMES

CHILDREN HAVE A NATURAL INSTINCT FOR PLAY THAT HELPS THEM DEVELOP FUNDAMENTAL MOVEMENT SKILLS. LET THEM PLAY ACCORDING TO THEIR OWN RULES AND PREFERENCES.

5. MAKE SURE EVERYONE IS INCLUDED

NOTICE WHICH CHILDREN AREN'T MOVING DURING FREE PLAY OR GROUP ACTIVITIES. THEY MIGHT NEED A LITTLE ENCOURAGEMENT, OR SOMEONE TO SHOW THEM AN ALTERNATIVE ACTIVITY THEY CAN DO.

6. MIX IT UP

GIVE CHILDREN CHOICES AND A CHANCE TO EXPERIENCE VARIETY IN PHYSICAL ACTIVITY OPTIONS. THIS INCREASES MOVEMENT SKILLS AND DECREASES BOREDOM.

7. CELEBRATE GREAT COACHING & TEACHING

FOR CHILDREN TO GET THE MOST OUT OF PHYSICAL ACTIVITY, THEY NEED GROWN-UPS TO CREATE A POSITIVE, FUN, INSPIRING ENVIRONMENT.

8. MAKE PHYSICAL ACTIVITY A PRIORITY FOR STAFF

PROVIDING POSITIVE EXPERIENCES IN PHYSICAL ACTIVITY, PE, PHYSICALLY ACTIVE PLAY AND SPORT IS A POWERFUL DRIVER OF A STUDENT'S OVERALL DEVELOPMENT. MAKE PHYSICAL ACTIVITY A PRIORITY FOR YOUR SCHOOL. DISCUSS IT IN STAFF MEETINGS AND ALLOW FOR MORE PHYSICAL ACTIVITY TO BE A PART OF YOUR SCHOOL DAY.

9. CHALLENGE MISPERCEPTIONS

INCREASING THE AMOUNT OF PHYSICAL ACTIVITY DOES NOT LOWER ACADEMIC ACHIEVEMENT.

MOTIONLESS CHILDREN ARE NOT BETTER-BEHAVED CHILDREN. ACTIVE CLASSROOMS CONTRIBUTE TO BETTER PERFORMANCE IN MATHS AND LITERACY, AND IMPROVED BEHAVIOUR OVERALL.

THERE IS NO EVIDENCE THAT INCREASING PE TIME HAS A NEGATIVE EFFECT ON EDUCATIONAL ATTAINMENT.

10. LEAD BY EXAMPLE

SHOW THEM HOW IT'S DONE: TAKE EVERY OPPORTUNITY TO GET UP AND MOVE WITH CHILDREN.

TO LEARN MORE ABOUT DESIGNED TO MOVE ACTIVE SCHOOLS VISIT:
[DESIGNEDTOMOVE.ORG/RESOURCES](https://designedtomove.org/resources)

