



Physical Activity

Use this interactive online document to find the latest Evidence Based Research, Resources and Best Practices that can be used for implementing wellness policy objectives for physical activity. Click on the links below to access online resources.

- a. General Guidelines
- b. Throughout the day
- c. Punishment
- d. Recess
- e. Before and After School
- f. Family and Community

a. General Guidelines

▶▶ Evidenced Based Research

Health benefits of physical activity: the evidence-CMAJ Journal Article
How much physical activity do children need?-CDC

▶▶ Resources

Physical Education Curriculum Sample
Physical Education Program Web Sites
Eat Smart Play Hard
2011-2012 ESPH Editions
Body Venture
Healthy Kansas Schools
Team Nutrition
Empowering Youth with Nutrition & Physical Activity
Fuel Up to Play 60
Health and Physical Education Teaching Standards
Wellness Policies - Resources from Other Organizations
RUDD Center for Policy and Obesity
Sports, Cardiovascular, and Wellness Nutrition

▶▶ Best Practices

Making Physical Activity a Part of a Child's Life
2011-2012 ESPH Schools
HealthierUS School Challenge Application Kit
Nutrition Essentials
Success Stories
National Dairy Council
Fuel Up Success Stories
Best Practices Sharing Center USDA
Wellness Policies - Brochures

b. Throughout the day

▶▶ Evidenced Based Research

Putting Physical Activity Where It Fits in the School Day: Preliminary Results of the ABC (Activity Bursts in the Classroom) for Fitness Program-CDC Journal Article

▶▶ Resources

In-Class Physical Activity Breaks
JAM School Program
Let's Move!
Integrating Physical Activity into the Complete School Day
Blast Off Game
Instant Recess

▶▶ Best Practices

Kids First Wellness Advocates Series Exercise Breaks in the Classroom
Students take a break to promote learning
Bikes, Balls in Class: How Phys Ed Transformed One School

c. Punishment

▶▶ Evidenced Based Research

Physical Activity Used as Punishment and/or Behavior Management-NASPE

d. Recess

▶▶ Evidenced Based Research

The Benefits of Recess Before Lunch-South Dakota Department of Education
Recess Placement Prior to Lunch in Elementary Schools: What Are the Barriers?-Journal of Child Nutrition and Management
The Sydney playground project: popping the bubble wrap - unleashing the power of play-BMC Public Health
The Relationship of Meal and Recess Schedules to Plate Waste in Elementary Schools -Journal of Child Nutrition and Management
Recess Before Lunch: It Does Make a Difference!-School Nutrition Association

▶▶ Resources

Instant Recess

▶▶ Best Practices

Play, Then Eat: Shift May Bring Gains at School
School administrators and child nutrition professionals reap benefits from swapping lunch and recess schedules.

e. Before and After School

▶▶ Evidenced Based Research

Afterschool: Providing Multiple Benefits to Middle School Students (2010)-Afterschool Alliance

▶▶ Resources

Choose a Healthy After-School Child Care Program
Fuel Up to Play 60
Afterschool Alliance

▶▶ Best Practices

Before-class exercise program at Allendale school aims to jump-start brainpower
Before-school exercise program a success in Hull
Alliance for Healthier Generation

f. Family and Community

▶▶ Evidenced Based Research

Some things you should know about exercise-WebMD
Family Involvement in School-Based Health Promotion: Bringing Nutrition Information Home

▶▶ Resources

10 Great Exercise Ideas for Family Fitness
RUDD Center for Policy and Obesity
Family/Community Involvement
Project Appleseed

▶▶ Best Practices

Kids Walk-to-School
Afterschool Alliance
Alliance for Healthier Generation



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