



Staff Involvement to Support Physical Activity

How Can You Help?

School teachers and other school staff can be positive role models for students by being physically active in and out of school.¹⁻³ School employee wellness programs improve staff health and increase physical activity levels.^{1,3} When school staff commit to good health practices, they are positive role models for students, and may show increased support for student participation in physical activity.

Classroom teachers can integrate physical activity into classroom academic instruction and breaks, and support recess, intramurals, and other physical activity offerings.¹⁻³

What's Happening at School?

Knowing the answers to the following questions can help you support getting school staff involved in physical activity at your child's school. If you don't know the answers to these questions, check out the school handbook or school website, attend a school wellness meeting or Parent-Teacher Association (PTA) meeting, or simply ask your child's teacher.

1. Does the district or school have an employee wellness program?
2. Does the district or school have policies about school employee wellness programs? If yes, what are they?
3. Are classroom teachers and other school staff modeling healthy behaviors, such as being physically active?
4. Are classroom teachers providing daily activity breaks or recess for students?
5. Is the school signed up for **Active Schools**, the national physical activity and physical education solution that equips school leaders and teachers with the resources and tools to implement effective recess policies and programming?



