

# STRATEGIES FOR Classroom Physical Activity in Schools



## Build Buy-in and Provide Training for Classroom Physical Activity

1. Identify who to engage and how to involve them in planning for classroom physical activity.
2. Identify what classroom physical activity policies and practices currently exist.
3. Provide professional development or in-service training on classroom physical activity.



## Create Classroom Environments Supportive of Physical Activity

4. Identify approaches to incorporate classroom physical activity.
5. Identify opportunities and appropriate times for classroom physical activity.
6. Identify materials, technology, and resources to promote classroom physical activity.
7. Identify ways to create and use classroom space for classroom physical activity.
8. Ensure that classroom physical activity is appropriate and safe for all students by setting and communicating safety and behavioral expectations



## Collect and Share Information About Classroom Physical Activity Experiences

9. Collect information on classroom physical activity.
10. Share successes, challenges, and lessons learned from classroom physical activity.

