

## Ideas for Parents: Physical Education and Physical Activity in Schools

### Audio Descriptive Text

Title: Chapter 3. Engaging Parents to Support Healthy School Environments; Ideas for Parents: Physical Education and Physical Activity in Schools. Graphic of the Comprehensive School Physical Activity Program wheel, showing slices for Physical Education; Physical Activity Before & After School; Family & Community Engagement; Staff Involvement; and Physical Activity During School. Image of Active Child icon. Graphic of the Comprehensive School Physical Activity Program wheel.

### Video Summary

- Parents can play an important role in getting schools to provide opportunities for physical activity before, during, and after the school day.
- Examples include daily physical education, recess, classroom physical activity, physical activity clubs, and intramural sports.
- Suggested activities align with a Comprehensive School Physical Activity Program and can help contribute to the recommended 60 minutes of physical activity students should have each day.

### Audio Script

Parents can play an important role in getting schools to provide opportunities for physical activity before, during, and after the school day. Examples of these opportunities include daily physical education, recess, classroom physical activity, physical activity clubs, and intramural sports.

Parents can help by participating on the team or committee for comprehensive school physical activity programs, and they can encourage the school leadership to support this effort. They can be the voice at school board meetings and school health council meetings.

Parents can also volunteer their time to help with physical education, recess, and classroom physical activity.

Parents can offer to help with activities, such as special physical activity programs, field trips and the annual field day. They can also ask the physical education teacher for exercises and physical activities to do at home with their children to keep up or improve fitness levels.

In the classroom, parents can encourage teachers to integrate physical activity into planned academic lessons and provide short breaks of physical activity, and they can offer to help coordinate some of these activities.

These suggestions align with a comprehensive school physical activity program and can help contribute to the recommended 60 minutes of physical activity students should have each day.