Tips for Teachers

60:PLAY every day. any way.

There are a variety of ways that teachers can help children to get more physical activity into each day. Supporting students to lead physically active lifestyles and do at least 60 minutes of physical activity daily helps them grow up to become active, healthy adults. Here are a few tips to reach that goal of 60 minutes a day through active play:

Creative Play

- Have kids ***track their daily activities***, such as by using ideas found on www.VERBnow.com
- Use ***incentives*** such as fun contests and activity-inspiring prizes (e.g., jump ropes) for setting and reaching activity goals.
- Ask students to ***name a VERB*** that they would like to try for the first time, and help them develop a plan to make it happen.
- Ask students to skip every other line as they write out their ***daily schedules*** from morning to bedtime. Then have them go back and find five places where they can insert a VERB to total 60 minutes or more of physical activity they enjoy.
- Have students get in groups to ***invent a new game*** by combining aspects of different sports, dances, or games. Then have each group teach the class how the new activity is done, and do it!
- Generate physical activity ideas for ***after school***, such as being active with two VERBs that start with the letter "R."
- Ask students to ***come up with new "rules"*** for how to play old games or sports. For example, set up multiple goals made out of common objects for soccer or field hockey, such as two plastic garbage cans. Assign different points for scoring between each of the goals. Use your imagination to make the game fun!
- Have students create a ***physical activity skit*** or play ***charades*** that lets them act out the VERBs they like. Create teams of four or five students and ask them to make their own list of VERBs to use in the game.
- At the start of class have students take a quick ***stretch break or do a VERB.*** The break helps to rejuvenate the students and is a great opportunity to learn about different muscles – and VERBs!
- Ask students to bring in an object that reflects their favorite VERB (such as a ball or running shoe). Have students ***pair up and exchange*** "how to" instructions for their favorite VERB and describe when and where others can play and do that activity.
- Many cultures have a strong tradition of being active. Ask students to do some ***investigative research*** to uncover ways that different cultural groups play games, play sports, or live actively, and then to present their findings to the class.
- Have students clip articles and ads that relate to physical activity. Ask them to glue their clips to boards, ***creating collages*** based on themes (by sport/activity, indoor/outdoor activities, or season, for example). Keep the collages in your class for display and as reminders to play actively daily.
- Organize a ***map-making activity*** of free and low-cost physical activity areas nearby to share with the students' families.
- ***Invite a representative*** from a local sports group or youth organization to demonstrate an activity to the class in which students showed an interest. Have the guest then lead the kids in the activity (e.g., martial arts, dance moves or dribbling a basketball).

VERB™ is a national campaign of the Department of Health and Human Services' Centers for Disease Control and Prevention (CDC) to increase physical activity among children aged 9-13 years. To download additional copies of this tip sheet visit www.cdc.gov/VERB and click on "Materials."