

Resources for Integrated Physical Activity

<http://openphysed.org/>

- A FREE, customizable resource to support teachers in providing highly-effective physical education (and physical activity throughout the day).

<http://www.activeacademics.org/>

- Search for grade and subject specific lesson ideas.

http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf

- 10 simple activities to encourage physical activity in the classroom.

<http://www.eslkidstuff.com/Classroomgamesframe.htm>

- A list from A – Z of action packed activities.

<http://www.davidkatzmd.com/docs/ABCManual.pdf>

- Fun, simple engaging activities that encourage physical activity in the classroom.

<http://www.circusfit.com/Educators/ProgramDocs/EducatorsGuide.pdf>

- Lessons combine health and science information with physical movement and exercise so that fitness can be integrated into almost any curriculum or time frame.

<http://www.eatsmartmovemorenc.com/Energizers/EnergizersForSchools.html>

- A great manual that provides many great active-lesson ideas, as well as helpful hints to create a physically active environment.

https://www.fueluptoplay60.com/tools#tab_for-school-adults

- A variety of both nutrition-based and physical activity tool and strategies.

<https://www.gonoodle.com/>

- Turn movement into a game with these silly, energetic, playful, and fun videos.

http://www.heart.org/HEARTORG/Educator/Educator_UCM_001113_SubHomePage.jsp

- Science-based lesson ideas and activities that make learning about the heart fun.

<http://take10.net/resources/>

- Database with a ideas for integrating physical activity

<http://www.actionforhealthykids.org/game-on/find-challenges/classroom-challenges>

- These tools for schools can be separated by location (cafeteria, classroom, playground, etc.).

<https://www.weteachnyc.org/resources/collection/move-improve/>

- Move to Improve has both a guide and visual aid cards for different grade levels.

<https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels>

- Edutopia has a few different links for teachers; this is one on focusing attention.

<https://www.pinterest.com/act4healthykids/classroom-brain-breaks/>

- Pinterest... enough said.