

Physical Activity

DISTRICT RECOMMENDATIONS

Chandler Unified School District



Legislation from the 2010 session required local school boards to consider a new recess policy. As a result Chandler has developed the following recommendations to encourage physical activity, active recess, and healthy lifestyles for our students throughout the school day.

CUSD Recommendations

Playground/Recess

Activity Signs on the Playground - CUSD

Recess Equipment and Cart - Individual Schools

Line Fields for Activity Areas - CUSD Grounds Department

Training for Recess Aides - Trainer of trainers model

Volunteers Run Recess Activities - Trainer of trainers model

Classroom Teachers

Morning Walks

Brain Break Videos - Available on district website

Energizer Activities - Available on district website

Indoor Fitness Trail - Alliance for a Healthier Generation

You've Got to Move Videos - http://www.healthyschoolsms.org/ohs_main/youvegottamove.htm

Playground/Recess

Recess should provide a time for students to be physically active in a safe environment. Recess should not be withheld as punishment. Often, recess is the very thing that allows students to return to the classroom focused, reenergized, and ready to learn. Activity signs will be available through the CUSD Website to motivate students to be active and provide the necessary rules for safe play. Displaying three or four different activities each week and rotating the signs will further encourage active play.

Tax Credit money can be utilized to purchase age appropriate equipment and a recess cart. Recess aides should be trained to help encourage students to engage in active play, quickly organize teams and games, and facilitate cooperation. Free play is preferred, recess aides are not responsible for teaching and conducting activities.

Safety is a major concern during recess. Utilizing the CUSD Grounds Department to paint lines on the fields will help to keep soccer, football and other activities in separate play zones. Templates available from PeacefulPlaygrounds are also great for organizing and encouraging activity.

Classroom Teachers

Brain research shows that students need a brain break every 25 minutes. Increased physical activity throughout the school day helps students stay focused. After you finish exercising blood flow almost immediately shifts back to the prefrontal cortex, and this is the perfect time to focus on a project that demands sharp thinking and complex analysis (Spark, 2008). CUSD will make brain break videos and classroom energizer activities available through the district web-site. Schools may post Indoor Fitness Trail signs provided by the Alliance for a Healthier Generation throughout regular walkways on campus. Teachers may choose to take their class for a morning walk to get the blood flowing, wake up the brain and body, and prepare students for learning.

Available Videos:

http://www.healthyschoolsms.org/ohs_main/youvegottamove.htm

Look At Me, Eat a Rainbow, Tomorrow Teacher, HeartTeacher, & REACH

Basha FIT Club Videos available on the CUSD Website:

Wake Up Video, Strength, Locomotor Movements, Active Spelling Bee, Sit-Ups & Push-Ups, Yoga

Classroom energizer activities:

Activity cards available on CUSD website

www.brainbreaks.blogspot.com

<http://www.beactivenc.org/pages/131/>

Physical Education

The primary purpose of physical education is to teach students the skills and knowledge needed to lead healthy active lives. Physical education classes should strive to keep all students moderately to vigorously active for more than 50% of the class time. Including lessons to teach recess activities and student organizational skills will benefit the schools recess program.