Physical Activity Ideas for Schools

**Public Chapter 1001**  Tennessee’s 90 minute Physical Activity Law for Elementary and Secondary Students

“Each LEA shall implement PC1001 in the 2007-2008 school year.”

“It shall be the duty of each LEA to implement 90 minutes of physical activity per week into the instructional school day for elementary and secondary students.”

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**DEFINITION**

*Physical Activity* in an educational setting is defined as a behavior consisting of bodily movement that requires energy expenditure above the normal physiological (*muscular, cardio respiratory*) requirements of a typical school day.

*Physical Activity* is not to be confused with Physical Education which is structured classes following state Physical Education standards taught by certified Physical Education Teachers.

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TAHPERD, 2006

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Free Resources for Classroom Activities:
- [www.ncpe4me.com](http://www.ncpe4me.com)
- [www.pecentral.org](http://www.pecentral.org)
- [www.aahperd.org/naspe](http://www.aahperd.org/naspe) (click “teacher toolbox”)

Purchasable Resources for Classroom Activities:
- [www.take10.net](http://www.take10.net)
- [www.braingym.org](http://www.braingym.org)

Resources for Walking Programs:
- [www.walkingworksforschoolstn.com](http://www.walkingworksforschoolstn.com) (K-5 only)
- [http://aom.americaonthemove.org/tennessee](http://aom.americaonthemove.org/tennessee)
- [http://walkacrosstn.tennessee.edu](http://walkacrosstn.tennessee.edu)
- [www.creativewalking.com](http://www.creativewalking.com)

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**Do’s and Don’ts for Implementation of Physical Activity:**

**Do’s**
- Increase the amount of physical activity students are currently receiving.
- Make your daily lessons physically active in all academic areas K-12.
- Remember that it must be done within the academic school day.

**Don’ts**
- Rely on what has been done in the past 30 years, i.e. walking to and from classes.
- Ignore the law in hope that it will go away.
- Forget that this is good for student learning, health, and well-being.

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**Change is required for success!!**

Why Should Schools Focus on Physical Activity?

[www.tahperd.us](http://www.tahperd.us)

[www.tennessee.gov/education/schoolhealth](http://www.tennessee.gov/education/schoolhealth)
Healthier Students Learn and Behave Better!

- Children participating in daily physical activity exhibit better attendance, a more positive attitude toward school, less disruptive behavior, higher self esteem and greater academic performance (*Jensen, 1998*).

- Physical activity also improves blood and oxygen flow to the brain, increasing the number of synaptic connections. This helps to improve reasoning, short term memory, reaction times, and creativity (*Jensen, 1998*).

- Regular Physical Activity has been proven to:
  - Decrease the risk of death from heart disease
  - Lower the risk of developing diabetes
  - Reduce blood pressure in persons with elevated levels
  - Increase muscle and bone strength
  - Decrease body fat
  - Enhance psychological well being (*Jensen, 1998*)

- Tennessee Statistics:
  - 43% of all Tennessee students are at-risk for overweight or overweight (obese). (*CSH Pilot sites and DOH BMI data*)
  - Only 62% of Tennessee high school students participated in vigorous physical activity 3 or more days per week for 20 minutes or more per occasion. (*2005 YRBS survey*)
  - 2 in 3 Tennesseans are overweight or obese. Lack of physical activity and overweight/obesity are risk factors for developing diabetes and complications of diabetes such as blindness, kidney disease, amputations, and neurological problems. (*University of Tennessee Extension*)

- Tennessee is ranked:
  - 47th in the nation for overall health status
  - 3rd in the nation for childhood obesity (*CDC, 2006*)
Ideas for Implementation of Physical Activity

*(Options some schools are trying)*

**ELEMENTARY AND MIDDLE:**

- Implementing physical activity during the “homeroom period” *(middle school)*
- Additional time to participate in unstructured play during lunch time
- Video exercise library for classroom use, great for inclement weather.
- Physical Activity on the school news *(usually broadcast each morning)*
- School wide walking programs, activity clubs, and enrichment interest groups.
- Create a theme song dance, do it during the school day over PA

**HIGH SCHOOL:**

- **Lengthen the school day by 30 minutes.** At some point during the day, a physical activity period of 18 minutes would be added. The remaining 12 minutes would be added to the existing 6 periods. This would allow us to gain 4-5 in-service days for the purpose of committee work, SACS, etc.

- **Cut 3 minutes from each high school period.** These three minutes would add up to 18 minutes/day for a physical activity period.

- **Cut class change time by 1 minute and take 2 minutes from each class.** These three minutes would add up to 18 minutes/day for a physical activity period.

- **Require each high school teacher to incorporate 15 minutes of “physical activity” per week in each class.** Accomplishing this would be at the discretion of the teacher. Possibilities are varied: 3 minutes/day, 15 minutes one time/week, 5 minutes three times/week. Physical activity means that the students must be moving. Other possibilities are to take your class outside to walk around the building.

- **Intramural program at lunch time.**

- **Using classroom TVs for broadcasting physical activities.** *(use DVDs, cheerleaders, student organizations, or other students to create fitness activities)*

- **Integrating physical activity in classroom instruction.** Tie the activity to the learner objectives.

- **“Walkie-talkie” breaks from classroom instruction.** Take the students outside and walk around the school grounds or track area.

**For additional information contact:**

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