

CSPAP Resources

Recess Guidance

[Ready for Recess: Policy and Practice to Support Students' Physical Activity](#) Aaron Beighle, University of Kentucky and Jennifer Huberty, University of Arizona, September 10, 2013

[Active Recess Through Systematic Supervision- Minneapolis Public Schools- developed with CDC CTG](#)

[Playground Safety Checklists from the Consumer Product Safety Commission](#)

Recess and Physical Activity Ideas

[Active Academics](#)

[Activity Bursts in the Classroom- David Katz](#)

[BOKS – Build Our Kids Success Body & Brain Boost](#)

[Brain Breaks- Central Michigan University](#)

[CATCHy Ideas Kit: Middle School Physical Activity Breaks- CATCH Texas Middle School](#)

[CHALK Just Move Physical Activity Cards- Tufts University](#)

[CHALK Just Move Program Materials- Tufts University](#)

[CircusFit](#)

[Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom- Colorado Education Initiative](#)

[Energizers: Classroom Based Activities- North Carolina Department of Public Instruction](#)

[Kids' Games](#)

[Mississippi's You've Gotta Move Program- Mississippi Office of Healthy Schools](#)

[Sparking Life Niagara Physical Activity Cards- Niagara Region](#)

[Ultimate Camp Resource](#)

[Ultimate Camp Resource Games and Activities](#)

[Yoga 4 Classrooms Physical Activity Cards- Lisa Flynn](#)

[Cosmic Kids Yoga](#)

[Funtervals: High Intensity Interval Games-Queen's University](#)

[Active For Life MEGA Document: Maximum Engagement in Games and Activities - Pacific Institute for Sport Excellence](#)

[CHALK Just Move Program Materials- Tufts University](#)

[CHALK Just Move Physical Activity Cards-Tufts University](#)

[Power Up for 30 Fit at Home for Grades 6-8 Activity Ideas-Georgia SHAPE](#)

[10 Simple Activities to Encourage Physical Activity in the Classroom- YourTherapySouce.com](#)

[California Project Lean-Jump Start Teens- California Department of Health Services](#)

[CATCHy Ideas Kit: Middle School Physical Activity Breaks- Catch Texas Middle School Health and Academics- CDC](#)

[Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom- The Colorado Education Initiative](#)

[Energizers: Classroom Based Activities-North Carolina Department of Public Instruction](#)

[Just-A-Minute \(JAM\) School Program- Health-E-tips, Inc.](#)

[Mississippi's Health in Action Program- Mississippi Office of Healthy Schools](#)

[Mississippi's You've Gotta Move Program- Mississippi Office of Healthy Schools](#)

[Motor Break Activities for the Classroom- Let's Go!, a program of The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center](#)

[Move- to- Improve-New York City Department of Education](#)

[Move to Learn Initiative Physical Activity Videos for the Classroom-The Bower Foundation
Ultimate Camp Resource](#)

National Recess Programs

[Peaceful Playgrounds](#)

[Playworks](#)

[Project Fit America](#)

[Ready for Recess](#)

Intramural Activity Resources

[North Carolina Intramural Handbook-North Carolina Public Schools](#)

[After School Physical Activity Policy Brief- CANFIT](#)

[California After School Resource Center Physical Activity Page- California Department of Education](#)

[Afterschool Counts! - The Robert Wood Johnson Foundation](#)

[After School Physical Activity Website-San Diego County Office of Education](#)

[BAM: Body and Mind- CDC](#)

[Considerations for Developing Effective Afterschool Programs- Michael W. Beets](#)

[Fit for Life After School Program- RonJones.org](#)

[Games Kids Play](#)

[The Healthy Kids, Healthy New York After-School Initiative Toolkit](#)

[Kidnetic](#)

[Model Health! Promoting Nutrition and Physical Activity in Children- Maryland State Department of Education](#)

[Move More North Carolina: Recommended Standards for After School Physical Activity- Move More After-School Collaborative](#)



[Operation Fit Kids Curriculum-The American Council on Exercise](#)

Videos

[Active Kids Do Better- SHAPE America](#)

[Active Schools in Action- SHAPE America](#)

[Ways for Students to Get Sixty Minutes of PA Each Day!- Institute of Medicine](#)

[Let's Move! Active Schools PAL Training- SHAPE America](#)

Active Transport

[On the Move: Safe Routes to Schools Policies in Rural School Districts](#)

[Get Out & Get Moving: Opportunities to Walk to School through Remote Drop-Off Programs](#) – CA4Health and Change Lab Solutions

[Creating a Walk to School Program- City of Bellevue Transportation Department](#)

[International Walk to School Program- University of North Carolina Highway Safety Research Center](#)

[Safe Routes to School- University of North Carolina Highway Safety Research Center](#)

[Sparkling Life Niagara Physical Activity Cards- Niagara Region](#)

[Walking School Bus- University of North Carolina Highway Safety Research Center](#)