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- YourTherapySource.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


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

Sparking Life Niagara Physical Activity Cards- Niagara Region

Walking School Bus- University of North Carolina Highway Safety Research Center