

Resource List for Physical Education and Physical Activity in Schools and Child Care

This document contains websites and online resources for physical education and physical activity in schools and child care settings. Resources are listed by main category. The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE). Many websites contain information on multiple content areas.

For guidance on the requirements for the U.S. Department of Agriculture’s (USDA) [Child Nutrition Programs](#), see the CSDE’s document, [Resource List for Child Nutrition Programs](#). For resources on competitive foods (such as fundraisers, school stores and vending machines), see the CSDE’s document, [Resource List for Competitive Foods in Schools](#). For additional resource lists related to nutrition, physical activity, and healthy school environments, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



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Behavior Management

Center on the Social and Emotional Foundations for Early Learning: <http://csefel.vanderbilt.edu/>

Classroom Management (National Education Association):

<http://www.nea.org/tools/ClassroomManagement.html>

Collaborative for Academic, Social, and Emotional Learning (CASEL): <https://casel.org/>

Good Behavior Game (Intervention Central): <https://www.interventioncentral.org/behavioral-interventions/schoolwide-classroommgmt/good-behavior-game>

Intervention Central: <https://www.interventioncentral.org/>

Make Your Day Program: <http://makeyourdays.com/aboutmyd.html>

National School Climate Center: <https://www.schoolclimate.org/about/our-approach/what-is-school-climate>

Position Statement: Physical Activity Used as Punishment and/or Behavior Management (Society of Health and Physical Educators):

<https://www.shapeamerica.org/uploads/pdfs/positionstatements/Using-Physical-Activity-as-Punishment-2009.pdf>

Positive Behavioral Interventions and Supports (PBIS): <https://www.pbis.org/>

Responsive Classroom: <https://www.responsiveclassroom.org/>

The Whole Child (The Association for Supervision and Curriculum Development):

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

Classroom Physical Activity

ABC for Fitness (Activity Bursts in the Classroom) Teacher Manual (David Katz):

<https://yalegriffinprc.griffinhealth.org/Portals/8/ABC-Fitness/ABCManual.pdf>

Active Academics: Learning in the Move: <https://www.activeacademics.org/Default.asp>

Classroom Exercise Breaks for Elementary Students (KidsHealth, The Nemours Foundation):

<https://kidshealth.org/en/parents/elementary-exercises.html>

Energizers for Nutrition Education (University of Minnesota Extension):

<https://extension.umn.edu/nutrition-education/energizers-nutrition-education>

Energizers: Classroom-based Physical Activities for Grades K-2 (East Carolina University):

<https://thescholarship.ecu.edu/handle/10342/5943?show=full>

GoNoodle (HealthTeacher): https://www.gonoodle.com/?ref_id=lesson_473

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- Mind and Body: Activities for the Elementary Classroom (Montana Office of Public Instruction):
https://opi.mt.gov/Portals/182/Page%20Files/Health%20%26%20Physical%20Education/07Mind_Body.pdf
- Move to Learn (The Bower Foundation and Mississippi Department of Education):
<https://www.movetolearnms.org/>
- Move-To-Improve (New York State Department of Education):
<https://www.weteachnyc.org/resources/collection/move-improve/>
- TAKE 10!TM Commercial Program (International Life Sciences Institute (ILSI)): <https://take10.net/>

Data and Trends

- Adolescent and School Health Data and Statistics (Centers for Disease Control and Prevention (CDC)): <https://www.cdc.gov/HealthyYouth/data/index.htm>
- Behavioral Risk Factor Surveillance System (CDC): <https://www.cdc.gov/BRFSS/>
- Connecticut School Health Survey (Department of Public Health):
<https://portal.ct.gov/dph/Health-Information-Systems--Reporting/Hisrhome/Connecticut-School-Health-Survey>
- Data & Statistics, Division of Nutrition, Physical Activity, and Obesity (CDC):
<https://www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm>
- National Adolescent and Young Adult Health Information Center: <https://nahic.ucsf.edu/>
- National Center for Health Statistics (CDC): <https://www.cdc.gov/nchs/>
- Physical Activity Data and Statistics (CDC): <https://www.cdc.gov/physicalactivity/data/>
- Physical Activity Facts (CDC): <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>
- Physical Education Benefits in Regards to Improving Academics/Brain Research:
<https://www.pecentral.org/professional/defending/research.html>
- School Health Policies and Programs Study (SHPPS)(CDC):
<https://www.cdc.gov/healthyyouth/data/shpps/index.htm>
- School Health Profiles (CDC): <https://www.cdc.gov/healthyyouth/data/profiles/index.htm>
- School Health Reports and Studies (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/reports-and-studies-0>
- Shape of the Nation: Status of Physical Education in the USA (Society of Health and Physical Educators): <https://www.shapeamerica.org/advocacy/son/>

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The Effects of Physical and Outdoor Play on Young Children’s Development: An Annotated Bibliography (Eastern Connecticut State University): <https://www.easternct.edu/center-for-early-childhood-education/about-us/publications-documents/benefits-of-play-annotated-bibliography.pdf>

Youth Risk Behavior Surveillance System (YRBSS) (CDC): <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

Evaluating Physical Education

Physical Activity Evaluation Handbook (U.S. Department of Health and Human Services and CDC): <https://www.cdc.gov/nccdphp/dnpa/physical/handbook/pdf/handbook.pdf>

Physical Education Checklist (Society of Health and Physical Educators): <https://www.shapeamerica.org/standards/guidelines/upload/Physical-Education-Program-Checklist.pdf>

Physical Education Curriculum Analysis Tool: A self-analysis tool for schools to assess physical education curricula (CDC): <https://www.cdc.gov/healthyschools/pecat/index.htm>

Physical Education Teacher Performance Evaluation Tool (Society of Health and Physical Educators): <https://www.shapeamerica.org/ItemDetail?iProductCode=DL-PETPEVAL&Category=DOWNLOAD>

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide (CDC): <https://www.cdc.gov/healthyschools/shi/index.htm>

Guidelines and Standards

Active Start. A Statement of Physical Activity Guidelines for Children Birth to Age 5 (Society of Health and Physical Activity Educators): <https://www.shapeamerica.org/standards/guidelines/activestart.aspx>

Appropriate Instructional Practice Guidelines, K-12: A Side-by-Side Comparison (Society of Health and Physical Education): <https://www.shapeamerica.org/upload/Appropriate-Instructional-Practice-Guidelines-K-12.pdf>

Best Practices Program (PE Central) <https://www.pecentral.org/bp/index.html>

Bright Futures in Practice: Physical Activity (National Center for Education in Maternal and Child Health): <https://www.brightfutures.org/physicalactivity/about.htm>

Comprehensive School Physical Activity Program (Society of Health and Physical Activity Educators): <https://www.shapeamerica.org/cspap/?hkey=67bc4e83-cfe4-46f6-8efa-1ab023a27e27>

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- Comprehensive School Physical Activity Programs: A Guide for Schools E-Learning Module (CDC): https://www.cdc.gov/healthyschools/professional_development/e-learning/CSPAP/index.html
- Grade-Level Outcomes for K-12 Physical Education (Society of Health and Physical Activity Educators): <https://www.shapeamerica.org/standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf>
- Healthy and Balanced Living Curriculum Framework (CSDE): <https://portal.ct.gov/-/media/SDE/Phys-Ed/HealthyBalancedLiving.pdf>
- National Framework for Physical Activity and Physical Education (CDC): https://www.cdc.gov/healthyschools/physicalactivity/pdf/National_Framework_Physical_Activity_and_Physical_Education_Resources_Support_CSPAP_508_tagged.pdf
- National Physical Education Standards (Society of Health and Physical Educators): <https://www.shapeamerica.org/standards/pe/>
- Opportunity to Learn: Guidelines for Elementary, Middle & High School Physical Education (Society of Health and Physical Activity Educators): <https://www.shapeamerica.org/upload/Opportunity-to-Learn-Guidelines.pdf>
- Physical Activity for Children. A Statement of Guidelines for Children Ages 5-12 (Society of Health and Physical Educators): <https://www.shapeamerica.org/standards/guidelines/pa-children-5-12.aspx>
- Physical Activity Guidance Documents & Position Statements (Society of Health and Physical Activity Educators): <https://www.shapeamerica.org/advocacy/positionstatements/pa/>
- Physical Activity Guidelines for Americans (U.S. Department of Health and Human Services): <https://health.gov/our-work/physical-activity/current-guidelines>
- Physical Activity: Enhanced School-Based Physical Education (The Community Guide): <https://www.thecommunityguide.org/findings/physical-activity-enhanced-school-based-physical-education>
- Physical Education (CSDE): <https://portal.ct.gov/SDE/Physical-Education/Physical-Education>
- Physical Education and Physical Activity (CDC): <https://www.cdc.gov/healthyschools/physicalactivity/index.htm>
- Position Statement: Physical Education is an Academic Subject:(Society of Health and Physical Activity Educators): <https://www.shapeamerica.org/advocacy/upload/Physical-Education-Is-an-Academic-Subject-2.pdf>

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Position Statement: Schools Should Provide Before- and After-School Physical Activity and Intramural Programs (Society of Health and Physical Educators):
<https://www.shapeamerica.org/uploads/pdfs/2018/advocacy/position-statements/Before-and-After-School-Physical-Activity.pdf>

The CDC Guide to Strategies to Increase Physical Activity in the Community (CDC):
https://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

Limiting Screen Time

Center on Media and Child Health (Boston Children's Hospital): <https://cmch.tv/>

Help Children Reduce Screen Time (We Can! Ways to Enhance Children's Activity & Nutrition, U.S. Department of Health and Human Services):
https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_screen_time.pdf

Limit Screen Time (Action for Healthy Kids): <https://www.actionforhealthykids.org/activity/limit-screen-time/>

Limit Use of TV, Computers and Mobile Device (Healthy Kids, Healthy Future, Nemours Children's Health System): <https://healthykidshealthyfuture.org/5-healthy-goals/reduce-screen-time/>

Limit Use of TV, Computers and Mobile Devices (The Nemours Foundation):
<https://healthykidshealthyfuture.org/5-healthy-goals/reduce-screen-time/>

Media use in childhood: Evidence-based recommendations for caregivers (American Psychological Association): <https://www.apa.org/pi/families/resources/newsletter/2019/05/media-use-childhood>

Reduce Screen Time (We Can! National Institutes of Health (NIH) National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/index.htm>

Screen Time and Children — How to Guide Your Child (Mayo Clinic):
<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/children-and-tv/art-20047952>

Screen Time and Children (Medline Plus):
<https://medlineplus.gov/ency/patientinstructions/000355.htm>

Tips to Reduce Screen Time (NIH National Heart, Lung and Blood Institute):
<https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

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Physical Activity Before and After School

After-school Health Programs (CATCH): <https://catchinfo.org/programs/after-school/>

California After School Physical Activity Guidelines (California Department of Education):
<https://www.cde.ca.gov/ls/ex/documents/paguidelines.pdf>

Health & Wellness Resources (California Afterschool Network):
<https://www.afterschoolnetwork.org/resources>

Healthy Out-of-School Time (National Institute on Out-of-School Time):
<https://www.niost.org/Physical-Activity/>

Intramural Programs & Activity Clubs (Action for Healthy Kids):
<https://www.actionforhealthykids.org/activity/intramural-programs-activity-clubs/>

Kids on the Move: Afterschool Programs Promoting Healthy Eating and Physical Activity (Afterschool Alliance): https://www.afterschoolalliance.org/AA3PM/Kids_on_the_Move.pdf

Moving More at School: Increasing physical activity before, during and after school (Active Living Research, Robert Wood Johnson Foundation):
https://activelivingresearch.org/sites/activelivingresearch.org/files/ALR.Resources.Summary_Schools_09.04.12.pdf

Ohio Kids on the Move: Physical Activity Guidelines for Afterschool Programs (Ohio Afterschool Network): <https://occrra.org/wp-content/occrra/spec/spec-pag-final.pdf>

Physical Activity Before and After School (CDC):
<https://www.cdc.gov/healthyschools/physicalactivity/pa-before-after.htm>

Physical Activity Before and After School: How Can You Help? (CDC):
https://www.cdc.gov/healthyschools/parentengagement/pdf/P4HS_BeforeAfterPA.pdf

Position Statement: Schools Should Provide Before- and After-School Physical Activity and Intramural Sport Programs (Society of Health and Physical Activity Educators):
<https://www.shapeamerica.org/uploads/pdfs/2018/advocacy/position-statements/Before-and-After-School-Physical-Activity.pdf>

Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers (U.S. Department of Health and Human Services):
<https://www.researchconnections.org/childcare/resources/13558/pdf>

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Promoting Physical Activity

Best Practices Searchable Database (PE Central): <https://www.pecentral.org/bp/index.html>

Fuel Up to Play 60 (National Dairy Council): <https://www.fueluptoplay60.com/>

Helping Children in Child Care Be Physically Active (Extension Alliance for Better Child Care):
<https://childcare.extension.org/helping-children-in-child-care-be-physically-active/>

One Step at a Time: Helping Young Children Be Physically Active!—Bright Futures Obesity
Prevention Training for Child Care Providers (Georgetown University):
<https://www.brightfutures.org/one-step/index.html>

Project ACES (All Children Exercising Simultaneously) (Youth Fitness Coalition, Inc.):
<https://lensaunders.com/aces/aces.html>

SPARK (Sports, Play and Active Recreation for Kids): <https://sparkpe.org/>

Recess

60 Alternatives to Withholding Recess (Peaceful Playgrounds):
<https://peacefulplaygrounds.com/60-alternatives-to-withholding-recess/>

Developing a School Recess Plan (Board of Education of the City of Chicago):
https://www.cps.edu/News/Press_releases/Documents/DevelopingSchoolRecessPlan.pdf

Guide for Recess Policy (Society of Health and Physical Educators):
<https://www.shapeamerica.org/advocacy/upload/Guide-for-Recess-Policy.pdf>

International Play Association: <http://ipaworld.org/>

Peaceful Playground: <https://peacefulplaygrounds.com/>

Playworks: <https://www.playworks.org/>

Policy Statement: The Crucial Role of Recess in School (American Academy of Pediatrics):
<https://pediatrics.aappublications.org/content/131/1/183>

Position Statement: Supporting Scheduled Recess (National Association of School Nurses):
<https://www.nasn.org/advocacy/professional-practice-documents/position-statements/ps-recess>

Right to Recess Campaign (Peaceful Playgrounds):
<https://peacefulplaygrounds.com/right-to-recess-campaign/>

The Case for Elementary School Recess (The American Association for the Child's Right to Play):
<https://www.peacefulplaygrounds.com/pdf/right-to-recess/the-case-for-recess.pdf>

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Recess before Lunch

Barriers to Recess Placement Prior to Lunch in Elementary Schools (Institute of Child Nutrition):
<https://theicn.org/resources/186/research-documents/103953/barriers-to-recess-placement-prior-to-lunch-in-elementary-schools.pdf>

Benefits of Recess Before Lunch Fact Sheet (Hamilton County Coordinated School Health Committee): <https://www.peacefulplaygrounds.com/download/lunch/benefits-recess-before-lunch-facts.pdf>

Focus Groups Identify Barriers to Recess Placement Prior to Lunch in Elementary Schools (Institute of Child Nutrition):
https://theicn.org/resources/345/research-briefs/105033/insight_30.pdf

Impacts of Scheduling Recess Before Lunch in Elementary Schools: A Case Study Approach of Plate Waste and Perceived Behaviors (The Journal of Child Nutrition & Management):
https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Spring_2016/6-ImpactsofSchedulingRecessBeforeLunch.pdf

NFSMI Best Practice Checklist for School Nutrition Professionals Implementing or Assessing Recess Before Lunch in Elementary Schools (Institute of Child Nutrition):
<https://theicn.org/resources/346/resources/106576/nfsmi-best-practice-checklist-for-school-nutrition-professionals-implementing-or-assessing-recess-before-lunch-in-elementary-schools-2.pdf>

Recess Before Lunch (Action for Healthy Kids):
<https://www.actionforhealthykids.org/activity/recess-before-lunch/>

Recess Before Lunch Resources (Peaceful Playgrounds): <https://peacefulplaygrounds.com/recess-lunch-members/>

Recess Before Lunch Toolkit for Missouri Schools (Missouri Department of Health and Senior Services): <https://health.mo.gov/living/wellness/nutrition/schoolwellness/pdf/recess-before-lunch-toolkit.pdf>

Recess Before Lunch: Optimizing School Schedules to Support Learning (Montana Office of Public Instruction):
<http://www.montana.edu/teamnutrition/documents/RBL%20Entire%20Guide%202018.pdf>

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools (The Journal of Child Nutrition & Management):
https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Fall_2004/5-bergman.pdf

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Revisiting Recess Before Lunch

https://schoolnutrition.org/uploadedFiles/Certification,_Education_and_Professional_development/PDAs/revisiting-recess-before-lunch.pdf

Safe Routes to School

Connecticut Safe Routes to School Program (Connecticut Department of Transportation):

<https://portal.ct.gov/DOT/Programs/Safe-Routes-to-School-SRTS-Program/SRTS---Getting-Started>

International Walk to School Week: <http://www.iwalktoschool.org/>

National Center for Safe Routes to School: <http://www.saferoutesinfo.org/>

Pedestrian and Bicycle Information Center: <http://www.pedbikeinfo.org/>

Safe Routes Partnership: <https://saferoutespartnership.org/>

Safe Routes to School (CDC): <https://www.cdc.gov/policy/hst/hi5/saferoutes/index.html>

Safe Routes to School (U.S. Department of Transportation):

https://www.fhwa.dot.gov/environment/safe_routes_to_school/

Safe Routes to School Approaches to support children walking & bicycling to school (ChanegLab Solutions): <https://www.changelabsolutions.org/product/safe-routes-school>

Steps to Creating a Safe Routes to School Program (Pedestrian and Bicycle Information Center): <http://guide.saferoutesinfo.org/steps/index.cfm>

Walkability Checklist (Partnership for a Walkable America, Pedestrian and Bicycle Information Center, U.S. Department of Transportation and U.S. Environmental Protection Agency): <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/walkingchecklist.pdf>

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For more information, visit the CSDE's [Physical Education](#) webpage or contact the [Academic Office](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesPhysicalActivity.pdf>.

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Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act (ADA) Coordinator, Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov