

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 resources on obesity, refer to the CSDE’s [Resource List for Obesity Data and Prevention](#). For resources on nutrition and healthy eating, refer to the CSDE’s [Resource List for Dietary Guidance and Nutrition Information](#). For resources on nutrition education, refer to the CSDE’s [Resource List for Nutrition Education](#). 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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Resource List for Physical Education and Physical Activity in Schools and Child Care

Behavior Management

Center on the Social and Emotional Foundations for Early Learning:

<https://csefel.vanderbilt.edu/>

Classroom Management (National Education Association):

<https://www.nea.org/professional-excellence/student-engagement/classroom-management>

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>

National School Climate Center:

<https://schoolclimate.org/about/our-approach/what-is-school-climate/>

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

<https://www.shapeamerica.org/Common/Uploaded%20files/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 ASCD Whole Child Approach to Education (The Association for Supervision and Curriculum Development):

<https://www.ascd.org/whole-child>

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>

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Classroom Physical Activity (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/physical-activity/classroom-physical-activity>

Classroom Physical Activity (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/physicalactivity/classroom-pa.htm>

Classroom Physical Activity Breaks (Action for Healthy Kids):

<https://www.actionforhealthykids.org/activity/classroom-physical-activity-breaks/>

Classroom Physical Activity Ideas and Tips (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/Classroom_PA_Ideas_and_Tips_FINAL_201008.pdf

Classroom Physical Activity Promotion Kit (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/physicalactivity/classroom-pa-promo-kit_1.htm

Classroom Physical Activity: An Implementation Guide for Elementary School (Boise State University):

<https://www.boisestate.edu/education-healthyschools/files/2020/09/toolkit.pdf>

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/bitstream/handle/10342/5943/Energizers_for_Grades_K_2.pdf

GoNoodle:

<https://www.gonoodle.com/>

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/07_Mind_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/>

Physical Activity: Classroom-based Physically Active Lesson Interventions (The Community Guide):

<https://www.thecommunityguide.org/findings/physical-activity-classroom-based-physically-active-lesson-interventions.html>

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Strategies for Classroom Physical Activity in Schools (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/ClassroomPAStrategies_508.pdf

Data and Trends

Adolescent and School Health Data and Statistics (Centers for Disease Control and Prevention):

<https://www.cdc.gov/HealthyYouth/data/index.htm>

Behavioral Risk Factor Surveillance System (Centers for Disease Control and Prevention):

<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 (Centers for Disease Control and Prevention Division of Nutrition, Physical Activity, and Obesity):

<https://www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm>

Educating the Student Body: Taking Physical Activity and Physical Education to School (Institute of Medicine):

<https://www.ncbi.nlm.nih.gov/books/NBK201501/>

Improving the Health of Adolescents and Young Adults through research and evidence-based tools (National Adolescent and Young Adult Health Information Center):

<https://nahic.ucsf.edu/>

National Center for Health Statistics (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nchs/>

Physical Activity Data and Statistics (Centers for Disease Control and Prevention):

<https://www.cdc.gov/physicalactivity/data/>

Physical Activity Facts (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

School Health Policies and Programs Study (SHPPS)(Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyyouth/data/shpps/index.htm>

School Health Profiles (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyyouth/data/profiles/index.htm>

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Shape of the Nation: Status of Physical Education in the USA (Society of Health and Physical Educators):

<https://www.shapeamerica.org/advocacy/son/>

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) (Centers for Disease Control and Prevention): <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

For additional resources on health data, refer to “Data and Trends” in the CSDE’s *Resource List for Wellness Policies for Schools and Child Care* and *Resource List for Physical Education and Physical Activity*. For resources on obesity data, refer to “Obesity Data and Trends” in the CSDE’s *Resource List for Obesity Data and Prevention*.

Evaluating Physical Education

Physical Activity Evaluation Handbook (U.S. Department of Health and Human Services and CDC):

https://www.cdc.gov/healthyyouth/hecat/pdf/hecat_module_pa.pdf

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 Curriculum Analysis Tool (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/pecat/index.htm>

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/shi/index.htm>

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

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/Common/Uploaded%20files/uploads/pdfs/Appropriate-Instructional-Practices-Grid.pdf>

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>

Comprehensive School Physical Activity Programs: A Guide for Schools E-Learning Module (Centers for Disease Control and Prevention):

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/Common/Uploaded%20files/document_manager/standards/pe/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf

Healthy and Balanced Living Curriculum Framework (CSDE):

https://portal.ct.gov/-/media/SDE/Health-Education/Publications/Healthy_and_Balanced_Living_Curriculum_Framework_May_2022.pdf

National Framework for Physical Activity and Physical Education (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/National_Framework_Physical_Activity_and_Physical_Education_Resources_Support_CSPAP_508_tagged.pdf

National Guidelines (Society of Health and Physical Educators):

<https://www.shapeamerica.org/MemberPortal/standards/guidelines/Default.aspx>

National Physical Education Standards (Society of Health and Physical Educators):

<https://www.shapeamerica.org/standards/pe/>

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Opportunity to Learn: Guidelines for Elementary, Middle & High School Physical Education: A side-by-side comparison (Society of Health and Physical Activity Educators):

https://www.shapeamerica.org/Common/Uploaded%20files/document_manager/standards/guidelines/Opportunity-to-Learn-Grid.pdf

Physical Activity for Children Ages 5-12 (Society of Health and Physical Educators):

<https://www.shapeamerica.org/standards/guidelines/pa-children-5-12.aspx>

Physical Activity Guidelines for Americans (U.S. Department of Health and Human Services):

<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>

Physical Activity: Enhanced School-Based Physical Education (The Community Guide):

<https://www.thecommunityguide.org/findings/physical-activity-enhanced-school-based-physical-education.html>

Physical Education (CSDE):

<https://portal.ct.gov/SDE/Physical-Education/Physical-Education>

Physical Education (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm>

Physical Education and Physical Activity (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/physicalactivity/index.htm>

Physical Education Guidance Documents & Position Statements (Society of Health and Physical Activity Educators):

<https://www.shapeamerica.org/advocacy/positionstatements/pe/default.aspx?hkey=d33afbcc-9941-4ea2-babc-a658cb38f09f>

Position Statement: Physical Education is Essential for All Students: No Substitutions, Waivers or Exemptions for Physical Education (Society of Health and Physical Activity Educators):

<https://www.shapeamerica.org/Common/Uploaded%20files/uploads/pdfs/2018/advocacy/position-statements/Physical-Education-is-Essential-for-All-Students.pdf>

Position Statement: Schools Should Provide Before- and After-School Physical Activity and Intramural Programs (Society of Health and Physical Educators):

<https://www.shapeamerica.org/Common/Uploaded%20files/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 (Centers for Disease Control and Prevention):

https://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

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Limiting Screen Time

Digital Wellness Lab (Boston Children's Hospital):

<https://digitalwellnesslab.org/>

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 and Young Minds (American Academy of Pediatrics):

<https://publications.aap.org/pediatrics/article/138/5/e20162591/60503/Media-and-Young-Minds>

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/screen-time/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

California After School Physical Activity Guidelines (California Department of Education):

<https://www.cde.ca.gov/ls/ex/documents/paguidelines.pdf>

CATCH Kids Club After School (Coordinated Approach to Child Health):

<https://catch.org/program/catch-kids-club-after-school/>

Health & Wellness Resources (California Afterschool Network):

<https://www.afterschoolnetwork.org/resources>

Healthy Out-of-School Time (Healthy Out-of-School Time Coalition):

<https://www.niost.org/HOST-Site>

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

Physical Activity Before and After School (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/physicalactivity/pa-before-after.htm>

Physical Activity Before and After School: How Can You Help? (Centers for Disease Control and Prevention):

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/Common/Uploaded%20files/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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Preschooler Physical Activity

Active Play in Child Care (Extension Alliance for Better Child Care):

<https://childcare.extension.org/active-play-in-child-care/>

Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5 (Society of Health and Physical Educators):

<https://www.shapeamerica.org/MemberPortal/standards/guidelines/activestart.aspx>

Best-Practice Guidelines for Physical Activity at Child Care (American Academy of Pediatrics):

<https://publications.aap.org/pediatrics/article-abstract/124/6/1650/72179/Best-Practice-Guidelines-for-Physical-Activity-at>

Child Care Nutrition and Physical Activity Policies (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies>

Early Childhood Resources (Society of Health and Physical Educators):

<https://www.shapeamerica.org/MemberPortal/standards/guidelines/early-childhood-resources.aspx>

Preschooler Physical Activity (American Academy of Pediatrics):

<https://www.aap.org/en/patient-care/healthy-active-living-for-families/preschooler-physical-activity/>

Promoting Physical Activity

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/>

Supporting Physical Education in Schools for All Youth: Policy Statement (American Public Health Association):

<https://www.apha.org/Policies-and-Advocacy/Public-Health-Policy-Statements/Policy-Database/2022/01/07/Supporting-Physical-Education-in-Schools-for-All-Youth>

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Recess

60 Alternatives to Withholding Recess (Peaceful Playgrounds):

<https://peacefulplaygrounds.com/pdf/recess-alt.pdf>

Developing a School Recess Plan (Board of Education of the City of Chicago):

<https://peacefulplaygrounds.com/download/pdf/DevelopingSchoolRecessPlan.pdf.pdf>

Guide for Recess Policy (Society of Health and Physical Educators):

https://www.shapeamerica.org/Common/Uploaded%20files/document_manager/advocacy/Guide-for-Recess-Policy.pdf

International Play Association:

<https://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://peacefulplaygrounds.com/download/pdf/right-to-recess/the-case-for-recess.pdf>

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>

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Checklist for Implementing or Assessing Recess Before Lunch in Elementary Schools (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/checklist-for-implementing-or-assessing-recess-before-lunch-in-elementary-schools/>

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/journal/spring-2016-impacts-of-scheduling-recess-before-lunch-in-elementary-schools-a-case-study-approach-of-plate-waste-and-perceived-behaviors/>

NFSMI Best Practice Checklist for School Nutrition Professionals Implementing or Assessing Recess Before Lunch in Elementary Schools (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/checklist-for-implementing-or-assessing-recess-before-lunch-in-elementary-schools/>

Recess Before Lunch (Action for Healthy Kids):

<https://www.actionforhealthykids.org/activity/recess-before-lunch/>

Recess Before Lunch Resources (Peaceful Playgrounds):

<https://peacefulplaygrounds.com/courses/recess-lunch/>

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):

https://www.montana.edu/teamnutrition/documents/RecessBeforeLunch2017-online_Revised.pdf

Recess Placement Prior to Lunch in Elementary Schools: What Are the Barriers? (The Journal of Child Nutrition & Management):

<https://schoolnutrition.org/journal/fall-2006-recess-placement-prior-to-lunch-in-elementary-schools-what-are-the-barriers/>

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools (Institute of Child Nutrition):

<https://edu.wyoming.gov/downloads/nutrition/plate-waste-and-recess-schedule.pdf>

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Revisiting Recess Before Lunch (The Journal of Child Nutrition & Management):

https://lsc-pagepro.mydigitalpublication.com/publication/?i=503094&article_id=3108994&view=articleBrowser

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>

National Center for Safe Routes to School:

<https://www.saferoutesinfo.org/>

Pedestrian and Bicycle Information Center:

<https://www.pedbikeinfo.org/>

Safe Routes Partnership:

<https://saferoutespartnership.org/>

Safe Routes to School (Centers for Disease Control and Prevention):

<https://www.cdc.gov/policy/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
(ChangeLab Solutions):

<https://www.changelabsolutions.org/product/safe-routes-school>

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.gov/files/walkingchecklist.pdf>

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For more information, visit the CSDE's [Physical Education](#) webpage or contact the [Academic Office](#) at the Connecticut State Department of Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Physical_Activity.pdf.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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