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

This document includes resources and websites for physical education and physical activity in schools and child care settings. Resources are listed by main category. Many websites contain information on multiple content areas. Additional resource lists are available on the CSDE's Resources for Child Nutrition Programs webpage.

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).

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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/student-engagement/professional-excellence/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/school-climate/

Position Statement: Physical Activity Should Not Be Used as Punishment and/or Behavior Management (Society of Health and Physical Educators):
https://www.shapeamerica.org/wp-content/uploads/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.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

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Classroom Physical Activity

ABC for Fitness (Activity Bursts in the Classroom) (Yale School of Public Health):
https://yalegriffinprc.griffinhealth.org/products-resources/prc-products/abc-for-fitness/

Classroom Exercise Breaks for Elementary Students (KidsHealth, The Nemours Foundation):
https://kidshealth.org/en/parents/elementary-exercises.html

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/physical-activity-education/classroom-pa/index.html

Classroom Physical Activity Breaks (Action for Healthy Kids):
https://www.actionforhealthykids.org/activity/classroom-physical-activity-breaks/

Energizers: Classroom-based Physical Activities for Grades K-2 (East Carolina University):
https://thescholarship.ecu.edu/server/api/core/bitstreams/20715b51-f9c2-42d4-bbc6-0b8d5968c7ac/content

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/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/

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

Strategies for Classroom Physical Activity in Schools (Centers for Disease Control and Prevention):
https://www.cdc.gov/physical-activity-education/media/pdfs/2019_04_25_Strategies-for-CPA_508tagged.pdf

Data and Trends

Adolescent and School Health Data and Statistics (Centers for Disease Control and Prevention):
https://www.cdc.gov/healthy-youth/data-statistics/index.html

Behavioral Risk Factor Surveillance System (BRFSS) (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 for Physical Activity (Centers for Disease Control and Prevention):
https://www.cdc.gov/physical-activity/php/data/

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/

Nutrition, Physical Activity, and Obesity Data (Centers for Disease Control and Prevention Division of Nutrition, Physical Activity, and Obesity):
https://www.cdc.gov/dnpao-data-trends-maps/about/index.html

Physical Activity Fact Sheets and Infographics (Centers for Disease Control and Prevention):
https://www.cdc.gov/physical-activity/php/fact-sheets-infographics/index.html

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School Health Profiles (Centers for Disease Control and Prevention):
https://www.cdc.gov/school-health-profiles/index.html

Shape of the Nation: Status of Physical Education in the USA (Society of Health and Physical Educators):
https://www.shapeamerica.org/advocacy/son/

Youth Risk Behavior Surveillance System (YRBSS) (Centers for Disease Control and Prevention):
https://www.cdc.gov/yrbs/index.html

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 Centers for Disease Control and Prevention):
https://stacks.cdc.gov/view/cdc/11318

Physical Education Curriculum Analysis Tool (PECAT) (Centers for Disease Control and Prevention):
https://www.cdc.gov/assessing-improving-school-health/pecat/index.html

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/assessing-improving-school-health/shi/index.html

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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

Guidelines for Facilities, Equipment, Instructional Materials & Technology in K-12 Physical Education (Society of Health and Physical Education): https://issuu.com/shapeamerica/docs/shape_america_guidelines_for_facilities_equipment_?fr=sNDE4ZTQ3NDU1MTM

Appropriate Use of Technology in Physical Education (Society of Health and Physical Education): https://issuu.com/shapeamerica/docs/shape_america_appropriate_use_of_technology_in_phy?fr=xKAE9_4xWQg

Appropriate Instructional Practice Guidelines for K-12 Physical Education (Society of Health and Physical Education): https://issuu.com/shapeamerica/docs/appropriate_instructional_practice_guidelines_for_?fr=sMDQzZTkwNDU5MTY

Guidance Documents (Society of Health and Physical Education): https://shapeamerica.org/advocacy/guidance-documents/

Essential Components of Physical Education (Society of Health and Physical Education): https://issuu.com/shapeamerica/docs/essential_components_of_physical_education?fr=sNmU1NjkwNDU5MTY

Physical Education Program Checklist (Society of Health and Physical Education): https://issuu.com/shapeamerica/docs/physical_education_program_checklist?fr=sNDdiNzkwNDU5MTY

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 (CSPAP)(Society of Health and Physical Activity Educators): https://shapeamerica.org/cspap/

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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.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://archive.cdc.gov/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://shapeamerica.org/standards/pe/

Physical Activity Guidelines for Americans (U.S. Department of Health and Human Services): https://odphp.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/physical-activity-education/data-policy/

Student Physical Education and Physical Activity (Centers for Disease Control and Prevention): https://www.cdc.gov/physical-activity-education/about/index.html

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Position Statements (Society of Health and Physical Educators): https://shapeamerica.org/advocacy/positionstatements/

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://shapeamerica.org/wp-content/uploads/Physical-Education-is-Essential-for-All-Students.pdf

Position Statement: Comprehensive School Physical Activity Programs: Opportunities and Access for All (Society of Health and Physical Activity Educators): https://issuu.com/shapeamerica/docs/comprehensive_school_physical_activity_programs.fi?fr=sNmFlMzY0MDk5Mjc

Position Statement: Schools Should Provide Before- and After-School Physical Activity and Intramural Programs (Society of Health and Physical Educators): https://www.shapeamerica.org/wp-content/uploads/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/diabetes/news/media/pdfs/CDC-guide-strategies-increase-physical-activity.pdf

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Limiting Screen Time

Digital Wellness Lab (Boston Children's Hospital):
https://digitalwellnesslab.org/

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/

Media and Young Minds (American Academy of Pediatrics):
https://publications.aap.org/pediatrics/article/138/5/e20162591/60503/Media-and-Young-Minds

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

7 tips for managing screen use NIH Medline Plus Magazine, National Library of Medicine):
https://magazine.medlineplus.gov/article/7-tips-for-managing-screen-use

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Physical Activity Before and After School

Before and After School Physical Activity (Centers for Disease Control and Prevention):
https://www.cdc.gov/physical-activity-education/staying-healthy/index.html

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/

Creating healthy spaces for kids (Out-of-School Nutrition and Physical Activity Initiative (OSNAP)):
https://osnap.org/

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

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.govinfo.gov/content/pkg/GOVPUB-HE23_1400-PURL-LPS82289/pdf/GOVPUB-HE23_1400-PURL-LPS82289.pdf

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Preschooler Physical Activity

Taking Steps to Healthy Success: Active Play (Penn State Extension):
https://extension.psu.edu/programs/betterkidcare/lessons/tshs-active-play

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

Physical Activity for Positive Behavior Support (Penn State Extension):
https://extension.psu.edu/programs/betterkidcare/lessons/physical-activity-for-positive-behavior-support

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://www.peacefulplaygrounds.com/wp-content/uploads/filebase/pdf/recess-alt.pdf

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

International Play Association:
https://ipaworld.org/

Peaceful Playgrounds:
https://peacefulplaygrounds.com/

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

Position Statement: Supporting Scheduled Recess (National Association of School Nurses):
https://journals.sagepub.com/doi/10.1177/10598405241241810

Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice (Centers for Disease Control and Prevention):
https://www.cdc.gov/physical-activity-education/media/pdfs/2019_04_25_SchoolRecess_planning_508tagged.pdf

Right to Recess Campaign Toolkit (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

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

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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/wp-content/uploads/filebase/lunch/benefits-recess-before-lunch-facts.pdf

Elementary students eat more and waste less when recess is scheduled before lunch (Journal of the Academy of Nutrition and Dietetics): https://www.jandonline.org/article/S0002-8223(04)00826-0/fulltext

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/

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

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

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/

Revisiting Recess Before Lunch (The Journal of Child Nutrition & Management):
https://lsc-pagepro.mydigitalpublication.com/article/Revisiting+Recess+Before+Lunch/3108994/503094/article.html

Schedule Recess Before Lunch (Action for Healthy Kids):
https://actionforhealthykids.org/schedule-recess-before-lunch/

Scheduling Recess Before Lunch: Exploring the Benefits and Challenges in Montana Schools (The Journal of Child Nutrition & Management):
https://schoolnutrition.org/journal/fall-2010-scheduling-recess-before-lunch-exploring-the-benefits-and-challenges-in-montana-schools/

Safe Routes to School

Safe Routes to School (SRTS) Resources (Connecticut Department of Transportation):
https://portal.ct.gov/dot/programs/saferoutes/resources

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 (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

Walk, Bike, and Roll to School Day (Connecticut Department of Transportation):
https://portal.ct.gov/dot/programs/saferoutes/walk-bike-roll-to-school-day

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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3. email: program.intake@usda.gov

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