



About Active Schools

Active Kids Do Better


The *Physical Activity Guidelines for Americans* recommend that children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily.¹ Yet, only 24 percent of children and adolescents in the U.S. reached this recommendation on at least five days per week.²

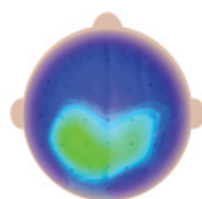
Physical activity and play are essential elements for child development, overall health and a well-rounded education. All schools should be able to provide opportunities for their students to lead active, healthy lives. Unfortunately, competing priorities often limit resources for student wellness. In fact, only six states require physical education through high school³ and only half of middle and high schools offer all students the opportunity to participate in intramural sports programs or physical activity clubs.⁴

The bottom line? Kids are not participating in enough physical activity, and schools are not prioritizing their responsibility for providing opportunities before, during and after school.

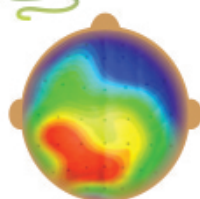
active kids learn better

BRAIN SCANS OF STUDENTS TAKING A TEST:


Red areas are very active;
blue areas are least active.



after 20 minutes of
sitting quietly



after 20 minutes of
walking

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

OUR WORK

We work throughout the year to help get the word out to parents, principals and the general public that Active Kids Do Better.

- TAKE YOUR PARENT TO PE WEEK:**
Parents are introduced to their child's physical education program and encouraged to engage throughout the year while being physically active together at home and in the community.
- ACTIVE CLASSROOMS:**
Outside of physical education, classroom teachers can contribute to their students' need for 60 minutes of physical activity a day while simultaneously teaching academic concepts.
- ACTIVE SUMMERS:**
For many kids, summer break is synonymous with day camp or team sports that keep them moving while school is out. But for others, summer means losing access to a structured routine that keeps them active. Active Schools wants to help close the movement gap and keep kids active year-round.
- MODEL ACTIVE SCHOOLS:**
Active Schools ambassador, principal Cyrus Weinberger, recently opened Soaring Heights PK-8, our first Model Active School, located in Colorado. It implements an "All School Movement Program" which is a trend popping up in schools across the country.
- GRANTS:**
We promote physical education and physical activity grants that over 20 of our partner organizations provide to schools, totaling nearly \$1 million a year.

¹ US Department of Health and Human Services. 2018 Physical Activity Guidelines for Americans. Washington, DC: US Department of Health and Human Services; 2018.

² National Physical Activity Plan Alliance. 2018 US Report Card on Physical Activity for Children and Youth. Columbia, SC; 2018.

³ SHAPE America – Society of Health and Physical Educators. 2016 Shape of the Nation Status of Physical Education in the USA. Reston, VA. 2016.

⁴ Centers for Disease Control and Prevention. Physical Education Profiles, 2012: Physical Education and Physical Activity Practices and Policies Among Secondary Schools at Select US Sites. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2014.

What We Do

Active Schools is dedicated to **making it easier for schools to create an active school environment** which provides students with at least 60 minutes a day of physical education and physical activity.

In alignment with education and health trends – including the Whole School, Whole Community, Whole Child education movement – Active Schools' vision is to reimagine school environments that provide opportunities for academic, social, emotional and physical learning so that all children have the ability, confidence and desire to lead active, healthy lives.

Active Schools works on two fronts:

1. **We support schools in their current reality** by serving as a hub for best practices, programs and resources to increase physical education and physical activity opportunities for students.
2. **We create a better reality** by driving education system and policy change that engages champions, influencers and decision makers to increase support for physical learning thus enabling schools to educate the whole child.



How We Do It

Formerly known as *Let's Move!* Active Schools, the initiative was launched in 2013 as an output of the May 2010 White House Task Force on Childhood Obesity and key element of former first lady Michelle Obama's *Let's Move!* platform. Active, healthy kids is a non-partisan issue, so the work continues as the Active Schools movement.

Active Schools operates based on the collective impact framework, designed to tackle deeply entrenched and complex social problems, based on the belief that no single program, policy, organization, or government agency can solve them alone. The Active Schools movement is powered by more than 90 public and private sector partner organizations and 37,000 individual champions affiliated with more than 23,000 schools that serve over 13 million students.



Who We Are

100 Mile Club | A World Fit for Kids! | AASA, The School Superintendents Association | Action Based Learning | Action for Healthy Kids | Active Academics | Active Physical Solutions | ActivEd | Activity Works | Alliance for a Healthier Generation | American Heart Association/Voices for Healthy Kids | ASCD | Association for Middle Level Education | Athletes for Hope | BOKS | Cairn Guidance | CATCH Global Foundation | CDC | Core Purpose Consulting | DrumFIT | Ergotron | Everlast Climbing | Fit Kids | Fitbound | Fizika | Flashfit | Focused Fitness | GameTime | GENYOUth | GoNoodle | Good Sports | Gopher | Great Activities | Healthy Schools Campaign | Hip Hop Public Health | HOPSports | Insight Grants Development | Interactive Health Technologies | International Health, Racquet and Sportsclub Association | Kaiser Permanente | KIDS in the GAME | Kymm Ballard Consulting | Lakeshore Foundation-National Center for Health, Physical Activity and Disability | Laureus Sport for Good Foundation USA | Marathon Kids | Math and Movement | Maximum Fit Club | Movement Academy | My School in Motion | National Association of Elementary Schools Principals | National Association of Physical Literacy | National Association of Secondary School Principals | National Fitness Foundation | National Math Foundation | National Network of Public Health Institutes/Springboard to Active Schools | National Physical Activity Society | National Physical Education and School Sport Institute | National PTA | New York Road Runners | NIKE | One Stone Apparel/Vocab-T | Online Physical Education Network (OPEN) | Oregon Active Schools | Partnership for a Healthier America | Penn State PRO Wellness | Physical and Health Education America (PHE America) | Physical Powers | PlayCore | Playworks | PLYOGA Fitness | Polar | Pono Ola | President's Council on Sports, Fitness and Nutrition | Rallyard Fitness | S&S Worldwide | Safe Routes to School National Partnership | School Specialty, Sportime | School Wellness Integration Targeting Child Health (SWITCH)/Iowa State University | Shannon Miller Lifestyle | Shape Up US | Skillastics | Slippery Rock University Department of Physical and Health Education | Society of Health and Physical Educators (SHAPE America) | Society of State Leaders of Health and Physical Education | Standup Kids | The Specialized Foundation | The Walking Classroom | UNICEF Kid Power | United States Tennis Association/Net Generation | University of Northern Colorado Active Schools Institute | USA Track and Field | Wellness Training Specialists | XtremeStax | Yoga Foster

Contact Us and Become a Champion

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