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. Yet, only 24 percent of children and adolescents in the U.S. reached this recommendation on at least five days per week.

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 school and only half of middle and high schools offer all students the opportunity to participate in intramural sports programs or physical activity clubs.

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.

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 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 empowered 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


Contact Us and Become a Champion

Active Schools | c/o Action for Healthy Kids | 600 W. Van Buren St, Suite 720 | Chicago, IL 60607

800-416-5136  info@activeschoolsus.org  www.activeschoolsus.org

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