



# Physical Activity Idea Links

## **Action for Healthy Kids Brain Breaks**

<http://www.actionforhealthykids.org/tools-for-schools>

Action for Healthy Kids Brain Breaks is a web site with suggestions for activities for classrooms, test taking, and inclusion.

## **Active Academics**

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

Active Academics is a free web page that offers lesson plans on physical activities that can be incorporated into lessons or for energizers. Grade and subject level materials are available for Pre-K through 8<sup>th</sup> Grade.

## **Adventure Fitness**

<http://adventuretofitness.com/>

Adventure Fitness is a web-based platform with a similar set-up to GoNoodle. There is a cost involved for either teacher or school system.

## **Brain and Body Boost**

<https://www.focusedfitness.org/software/brain-body-boosts>

This is a web site that offers web-based classroom brain break activities. It parallels a K-12 physical education curriculum, but doesn't specifically state which grades the classroom activities are geared toward. There is a cost involved either classroom level or district level.

## **Chair Yoga**

There are several sites for chair yoga positions. Search online to find the one that would best fit your students.

## **Colorado Education Initiative**

<http://www.coloradoedinitiative.org/resources/teacher-toolbox-activity-breaks/>

Colorado Education Initiative is dedicated to accelerating educational improvement and innovation. This link takes you to a secondary physical activity breaks tool kit they have developed.

## **Energizing Brain Breaks**

[https://www.amazon.com/Energizing-Brain-Breaks-David-Sladkey/dp/1452268126/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1469631115&sr=1-1&keywords=energizing+brain+breaks](https://www.amazon.com/Energizing-Brain-Breaks-David-Sladkey/dp/1452268126/ref=sr_1_1?s=books&ie=UTF8&qid=1469631115&sr=1-1&keywords=energizing+brain+breaks)

Energizing Brain Breaks are one to two minute activities that help students refocus. The book costs approximately \$20.00 at Amazon.com.

**Fit Wizard**

<http://fitwizard.org/>

Fit Wizard is a multi-purpose platform that offers exercise frameworks for teachers to incorporate their own academic interests. Activities range from K-12. It also offers courses on physical activity as it relates to academics as well as current research to support this.

**Fuel Up to Play 60 Classroom Activity Breaks**

[https://www.fueluptoplay60.com/~media/files/tools-pdfs/futp-60-embedded-tool\\_in-school-activity-breaks-ideas.ashx](https://www.fueluptoplay60.com/~media/files/tools-pdfs/futp-60-embedded-tool_in-school-activity-breaks-ideas.ashx)

This link will take you to a PDF that includes 30 suggestions for incorporating physical activity into the academic day.

**GoNoodle**

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

GoNoodle is a free web site paid for by BCBS of Tennessee. We have access to the premium site because of their financial support. The premium site will allow teachers to access kinesthetic learning incorporating state standards (only grades K-5) or personalized questions in just about all subject areas. There are six other areas, including a calming category. This is a good tool as it records your activity so that you will not have to track your physical activity separately. This program is also free for parents. The premium channel is available K-5.

**How to Use Fitness Breaks to Keep your Students Alert**

<http://www.articlesbase.com/k-12-education-articles/how-to-use-fitness-breaks-to-keep-your-students-alert--397830.html>

This article gives information about fitness breaks and their value in helping students stay alert.

**Let's Go**

<http://www.letsgo.org/programs/schools/resources/>

Let's Go emphasizes the importance of physical activity and nutrition in school settings as well as at home and more. They offer an online tool kit with ideas and resources.

**Minds in Bloom**

<http://minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html>

This is a free blog site which has a section on 20 different 3-minute brain breaks.

**Move to Learn**

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

Move to Learn is a free web-based platform with movement videos for grades K-6. This is not tied to any state standards nor is there the ability to customize activities.

**PE Games in the Classroom**

<http://www.pegames.org/classroom>

This web site offers ideas for physical activity games and activities that can be done in confined spaces such as a classroom.

**Secondary Physical Activity Breaks**

<https://highschoolpabreaks.wordpress.com/>

This web site provides links to physical activity videos for middle and high school students.

**Spark PE**

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

Spark PE has a digital classroom activity curriculum. This is a paid program which includes equipment that costs \$300.00 for a three year contract per grade level.

**Tabata Timer**

<http://tabatatimer.com/>

With Tabata training you exercise for 20 seconds then rest for 10 seconds, and repeat 8 times. This can be done with jumping jacks, sit-ups, running in place, maybe alternating between walking fast and slow. Anything to get active is a good start.

**Take 10!**

<http://take10.net/>

Take 10! is a classroom-based curriculum tool with online support. Hard copies of grade level activities are available throughout K-5.

**Take a Break! Guided Meditations for Stress Relief**

<https://itunes.apple.com/us/app/take-break!-guided-meditations/id453857236?mt=8>

This is an app that you can download for meditation purposes. There are two versions, one with music and one without. This is possibly appropriate for high school students, although there is no real physical activity involved.