



**THE INITIATIVE:** Research confirms the clear connection between health, learning, and attendance. In support of this, State Superintendent of Public Instruction Tom Torlakson has initiated **Team California for Healthy Kids (TCHK)** to promote healthy eating and physical activity throughout the day, every day, in schools, before and after school programs, early childhood programs, and communities. The campaign will focus on making *healthy choices* the *easy choices*.

A major campaign goal is to increase physical activity, especially moderate-to-vigorous physical activity (MVPA) throughout the day, every day, in schools, and communities.

## WHY PHYSICAL ACTIVITY?



Research supports the importance of regular physical activity (PA) in:

- preventing obesity and reducing diabetes, heart disease, high blood pressure, and other chronic diseases.
- improving brain development, academic performance, attentiveness, concentration, and social emotional wellness.

## MAKE IT HAPPEN!

Everyone, whether children, family members, school administrators, or local advocates, can play a role in helping children and youths be more physically active.

### Schools and After School Programs:

- Provide physical activity breaks for students and staff when seat time exceeds one hour. This is in addition to recess and physical education classes.
- Integrate physical activity into traditional classroom subjects.
- Offer physical activity at or near the beginning of the after school session.
- Work with communities to implement walk/bike-to-school programs.
- Maintain and support quality physical education programs. These will build essential skills, knowledge, and physical fitness so that students will be active for life.
- Support training and professional development for those who teach physical education and after school staff.
- Ensure that physical education and physical activity are incorporated in the school wellness policy.

# Physical Activity

# Physical Activity

## Active Families:

- Model physical activity habits for children by staying physically active yourself.
- Decrease kids' sedentary time (e.g., watching television, texting, playing video games, or using the computer for recreational purposes).
- Schedule regular times for the family to do fun physical activities together such as biking, hiking, and swimming.
- Participate in more vigorous physical activity.
- Get kids active by moving to music, climbing on playground equipment, playing interactive games and other large motor play.

## Active Communities:

- Work with schools, park and recreation districts, political and business leaders, and community-based organizations to create or enhance expanded day and after school programs that incorporate physical activity.
- Provide and maintain safe parks, playgrounds, and bike paths that give families opportunities to walk, run, bike, play, and engage in other recreational activities.

## Active Early Childhood Programs:

- Provide an inviting environment and frequent opportunities for daily vigorous age-appropriate physical activities and play, indoors and outside.
- Provide 10 minute bursts of moderate-to-vigorous physical activity when seat time exceeds 30 minutes.
- Integrate physical movement into planned learning activities.
- Remember that infants can also be physically active. Supervised tummy time is the opportunity to explore, build strength and increase body awareness.



## Resources

- Physical activity breaks
  - Instant Recess Activity Library
  - JAMmin' Minutes
  - Active Play
  - Energizers: Classroom based Physical Activity Breaks for **Elementary Schools**
  - Energizers: Classroom based Physical Activity Breaks for **Middle Schools**
- Integrating Physical Activity into the Complete School Day
- Walk and Bike to School
  - <http://www.caactivecommunities.org/w2s>
  - <http://www.walkingschoolbus.org>
- California After School Physical Activity Guidelines
- Active Play in Child Care
- California State Parks
- Team California for Healthy Kids

