GET 60 MINUTES
WAYS FOR STUDENTS TO GET THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY DURING THE SCHOOL DAY

Active Transportation
Active transport or active commuting refers to the use of walking, biking, or other human-powered methods.

Physical Education
P.E. classes have similar health and social benefits of recess and educate children on a healthy lifestyle.

Recess
Recess has been shown to have a positive impact not only on the development of students’ social skills but also on an achievement and learning in the classroom.

Intra- & Extramural Sports
Intra- and extramural sports provide additional school-based opportunities for organized physical activity.

Classroom Activity Time
Various or moderate-intensity physical activity during frequent classroom breaks can decrease body mass index (BMI) in students over time.

1. Group projects provide opportunities for students to get out of their desks and encourage movement.
2. Active lessons allow students to stand and move around the classroom while doing academic activities.
3. Breaks can be taken during or in between lessons for teachers to lead students in movement in the classroom.

OPTIMIZE CLASSROOMS FOR ACTIVITY

MAKE THE MOST OF RECESS

After-School Programs
After-school programs should provide opportunities for students to be physically active indoors or outdoors.

EVEN WITH BUSY SCHEDULES, THERE ARE NUMEROUS WAYS TO GET THE RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY IN EVERY SCHOOL DAY.

To learn more visit www.iom.edu/studentsafety

HOW WILL STUDENTS GET 60 MINUTES AT YOUR SCHOOL?