





STEP 4: Determining Interventions and Developing an Action Plan

– by population, setting, and resources

School Physical Activity Intervention Action Steps Examples

SCHOOL SETTING	Intervention Action Steps Examples
 Policy	Mandate daily PE classes for all students in grades K-12.
	Strengthen PE programs by improving teacher training and qualifications.
	Adopt a comprehensive K-12 PE curriculum that fulfills national NASPE standards.
	Supplement PE with a strong health education program that integrates lessons about physical activity and the dangers of sedentary lifestyles through television viewing into traditional school subjects, such as math, science, biology, history, and language arts.
	Allot adequate time in the school day for recess.
	Hire licensed physical education teachers, or provide opportunities for personnel to acquire the recommended training or certification.
	Encourage school staff to seek out and attend professional development programs on current physical activity standards and assessments, best practices, and resources.
	Integrate health-related physical fitness assessments in to the curriculum as an evaluation tool.
 Environment	Improve access to, and quality of, school PE facilities, including fields, courts, tracks, pools, gymnasiums.
	Extend school facility hours and open up gyms, courts, and fields to the outside community.
	Assure safe and adequate equipment, facilities, and resources for the full implementation of physical education classes in a pre-kindergarten through 12 th grade curriculum.
 Practices	Design and implement “walking school bus” programs. Encourage families and neighborhoods to walk together to school in the morning.
	Devote the majority of physical education class time to moderate or vigorous physical activity.
	Work cooperatively with city parks and recreation programs to provide physical activity opportunities, such as midnight basketball, soccer tournaments, or recreation center sleep-ins for youth.
	Plan health-promotion activities and incentives for students, parents, and staff that encourage regular physical activity such as speakers, recreation demonstration, and walking clubs.
 Communication	Include information on physical activity and dangers of sedentary lifestyles through school communications, such as monthly calendars, newsletters, or health fairs.

PROGRAMS

America Bikes

Safe routes to School programs that create a safe walking and biking environment for the trip to school, and encourage children and their parents to get in the habit of walking. www.americabikes.org/saferoutestoschool.asp

BAM! Body and Mind

Media project designed to answer kids' health questions and show kids how to strengthen their bodies and minds. Website offers kids (and parents) innovative tools for lifelong fitness: a "fitness personality" quiz and personal fitness calendar, activity cards, fitness and safety tips, disease information, and a place to share stories with other kids. Online materials for teachers include student assessment tools and interactive health/science activities. www.bam.gov/flash_elli.html

Brochures for Parents, Teachers, and Principals to Increase Physical Activity Among Youth:

These colorful brochures are designed to help parents, teachers, and principals increase physical activity among elementary and middle school-aged youth. View these brochures online or [order free hard copies](#) to read motivating messages and specific activity ideas for home, school, and community.

<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/index.htm>

HeartPower! American Heart Association

HeartPower! Resources for teachers, parents, and students consisting of information on nutrition, tobacco, and physical activity for ages preschool through 8th grade. Curriculum includes activities, general information, short stories and poems, workshops, investigations, and more. www.americanheart.org

KidsWalk to School

Community-based program developed by the Centers for Disease Control that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. Online materials include community presentation and train the trainer educational materials on increasing physical activity.

www.cdc.gov/nccdphp/dnpa/kidswalk/

PE Central – Sample programs, lesson plans, and resources

PE Central is a comprehensive website for Health and PE teachers, parents, and students. Website includes information on model programs, sample lesson plans, materials, and resources, and best practices. www.pecentral.org

Safe Routes to School Programs

The National Highway Traffic Safety Administration has created a toolkit for communities interested in creating Safe Routes to School Programs. <http://www.nhtsa.dot.gov/people/injury/pedbimot/ped/saferouteshtml/overview.html>

SPARK

SPARK is a model PE curriculum/staff development program providing tools and services to schools, after-school programs, community outreach projects, recreation departments, university grants, and health organizations. Materials available online for curricular development, staff training, and long-term follow-up/consultation. www.sparkpe.org/index.jsp

Take 10

Take 10 is a health promotion campaign designed to reduce sedentary behavior and promote multiple short periods (10 minutes) of physical activity in the elementary school classroom, while simultaneously reinforcing academic objectives based on national standards. www.take10.net

Walk and Bike to School

Website for International Walk to School Week and for promoting safe walking and bicycling to school throughout the year. <http://www.walktoschool-usa.org/>

Walk a Child to School Day

Safe Routes to School programs celebrate 'Walk a Child to School Day'. Centers for Disease Control has launched a national youth media campaign aimed at helping young teenagers make healthy choices that include physical activity.

<http://www.cdc.gov/youthcampaign/index.htm>

VERB. It's What you do.

VERB. It's what you do. CDC Youth Media Campaign: Innovative mass media campaign promoting physical activity among "tweens" aged 9-13. Website provides online newsletters, sample TV and radio broadcasts, and information media strategies, community events, agency partnerships, and research and evaluation efforts.
www.cdc.gov/youthcampaign/materials/tweens/ItsWhatYouDo.htm

GUIDELINES

Centers for Disease Control and Prevention –

Promoting Lifelong Physical Activity

Guidelines for School and Community Programs: Promoting Lifelong Physical Activity. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, March 1997.

Promoting Better Health For Young People Through Physical Activity and Sports.

Available at http://www.cdc.gov/HealthyYouth/physicalactivity/promoting_health/index.htm

Improving the Health of Adolescents & Young Adults: A Guide for States and Communities. Centers for Disease Control and Prevention Division of Adolescent and School Health designed a tool to help guide state and local agencies and organizations through public health processes and youth health promotion. www.cdc.gov/HealthyYouth/NationalInitiative/guide.htm:

National Association for Sport and Physical Education.

Guidelines for After-School Physical Activity and Intramural Sport Programs: A Position Paper of the National Intramural Sports Council of the National Association for Sport and Physical Education. www.aahperd.org/naspe/template.cfm

President's Council on Physical Fitness and Sports

Promotes physical activity among all Americans and advises the President and Secretary of Health and Human Services on ways to make more Americans active and fit. Online materials are available for kids, parents, teachers, healthcare providers. www.fitness.gov