

Physical Activity Activities

Safe Routes to School

Learn more about walking and bicycling to school and how to create plans for safe routes.

Activity: Complete the Walkability and Bikability Checklists. Develop a short term and long term goal for one weakness in walking and bicycling to school.



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Make Movement a Part of Your Day

Learn strategies to integrate physical activity into the school day.

Follow-up Activity: Utilizing resources from

<http://www.emc.cmich.edu/brainbreaks/>,

<http://www.ncpe4me.com/energizers.html>,

<http://www.jamschoolprogram.com/>, create a two week plan to integrate physical activity into core content classes on a daily basis.

