



How “Did You Get Your 60?”



Every school should strive to have children active at least 60 minutes per day. How you get students active will depend on what options work best for you. *The Active Schools: Core 4+* strategies provide a guide on how to answer the question **Did You Get Your 60 Minutes (DYGY60?) today?**

Core 4+ Strategies:

- 1) **Active Physical Education (PE) Minutes** means to design each PE class so that students have an elevated heart rate at least 50 percent of the class time. Formal PE classes should be the foundation for building your 60 minutes of activity per day.
 - 2) **Active Classrooms** integrates movement breaks, also known as energizing breaks (outside of physical education class and recess), into the school day.
 - 3) **Active Recess or Open Gym** has all students engaged in physical activity during the majority of recess time or free periods through age appropriate games and other organized activities.
 - 4) **Before and After School Programs** provide organized and appealing activities for students, staff, and family members before and after school in addition to intramural sports to keep them physically active.
- + **Family and Community Activity** encourages community options for physical activity outside of PE class and can include walking and biking to school, assigning PE “homework” and taking advantage of community recreation programs.

So, how are you getting your 60 minutes of activity? Here are some examples:

School 1 is an elementary school that has PE class daily for 30 minutes, of which 20 minutes students are active. They also have required classroom activity breaks, recess periods and a PE homework requirement of 10 minutes of activity beyond the school setting.

PE Class	Classroom	Recess/Open Gym	Before/After	Family/Community	Total
20	10	20	0	10	60

School 2 is a middle school that has PE class 2-3x/week for 45 minutes. This averages out to 22.5 minutes of PE per day, of which 15 minutes students are active. They also have required five minute classroom activity breaks daily and an extensive after school program daily. Because there is less time for daily PE, students are expected to complete a PE homework requirement of 20 outside minutes of activity per day.

PE Class	Classroom	Recess/Open Gym	Before/After	Family/Community	Total
15	5	0	20	20	60

School 3 is a high school that has PE class 5x/week for 50 minutes, of which 30 minutes are active. They provide open gym time over the noon hour, which adds an average of 10 minutes of activity daily. The school also has an activity station / fitness program after school adding an average of 10 minutes for all students. Lastly, they require a student activity portfolio, which adds 10 more minutes from the family and community setting.

PE Class	Classroom	Recess/Open Gym	Before/After	Family/Community	Total
30	0	10	10	10	60

So, outline below how your school can provide opportunities for students to be active 60 minutes per day so they can answer “yes” if asked **Did You Get Your 60 Minutes (DYGY60) today?**

School Name:					
PE Class	Classroom	Recess/Open Gym	Before/After	Family/Community	Total