CSPAP Resources

**Policy**

- **Shape of the Nation- SHAPE America**
- **Guide for Effective Physical Education Policy- SHAPE America**
- **CDC School Health Guidelines to Promote Healthy Eating and Physical Activity**
- **CDC Strategies to Improve the Quality of Physical Education**
- **County Health Rankings Interactive App – University of Wisconsin Population Health Institute**
- **Classification of Laws Associated with School Students (C.L.A.S.S.) Policy Classification Systems- National Cancer Institute**
- **Fit, Healthy, and Ready To Learn Chapter D: Chapter D: Policies to Promote Physical Activity and Physical Education- National Association of State Boards of Education**
- **Educating the Student Body Taking Physical Activity and Physical Education to School- Institute of Medicine**
- **Educating the Student Body Taking Physical Activity and Physical Education to School Recommendations- Institute of Medicine**
- **CSPAP Policy Continuum- SHAPE America**
- **State School Health Policy Matrix- A Collaborative Project of NACDD, NASBE and SHAPE America**
- **State Obesity-Related Policies- Robert Wood Johnson Foundation**
- **Webinar: Keys to Understanding State Level School Health Policies- SHAPE America**

**Practices**

- **CDC: Health and Academic Achievement**
- **CDC Health and Academics Webpage**
CDC Strategies to Improve the Quality of Physical Education

CDC National Framework for Physical Activity and Physical Education & Resources to Support Comprehensive School Physical Activity Programs

CDC Increasing Access to Drinking Water in Schools

How Health Departments Work and How to Work with Health Departments- School Health Council

How Schools Work and How to Work with Schools- National Association of State Boards of Education


Healthy Meeting Toolkit- Center of Science in the Public Interest

CDC Comprehensive School Physical Activity Programs: A Guide for Schools

Nemours Childhood Obesity Prevention Toolkit for Rural Communities

Comprehensive School Physical Activity Programs: Helping All Students Achieve 60 Minutes of Physical Activity Each Day- SHAPE America

SHAPE America Physical Activity Position Statements

SHAPE America Physical Education Position Statements

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools- Action for Healthy Kids

The Wellness Impact: Enhancing Academic Success Through Healthy School Environments- GenYouth Foundation

IOM Get 60 Minutes Infographic

Recess Policy

SHAPE America’s Comprehensive School Physical Activity Policy Continuum – Physical Activity During the School Day

Recess For Elementary School Students – SHAPE America Position Statement
The Crucial Role of Recess in School – American Academy of Pediatrics Position Statement

Fit, Healthy and Ready to Learn – Chapter D: Policies to Promote Physical Activity and Physical Education- National Association of State Boards of Education

School Health Guidelines to Promote Healthy Eating and Physical Activity – Centers for Disease Control and Prevention


Physical Activity Used as Punishment and/or Behavior Management – SHAPE America Position Statement

Recess Guidance


Increasing Physical Activity Through Recess Robert Wood Johnson Foundation

Ready for Recess: Policy and Practice to Support Students’ Physical Activity Aaron Beighle, University of Kentucky and Jennifer Huberty, University of Arizona, September 10, 2013

Active Recess Through Systematic Supervision- Minneapolis Public Schools- developed with CDC CTG

Recess Activity Ideas

Active Academics

Active Gaming for Teachers- PE Central.org

Activity Bursts in the Classroom- David Katz

Brain Breaks- Central Michigan University

CATCHy Ideas Kit: Middle School Physical Activity Breaks- CATCH Texas Middle School

CHALK Just Move Physical Activity Cards- Tufts University

CHALK Just Move Program Materials- Tufts University

CircusFit
Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom- Colorado Education Initiative

Energizers: Classroom Based Activities- North Carolina Department of Public Instruction

Kids’ Games

Mississippi’s You’ve Gotta Move Program- Mississippi Office of Healthy Schools

Operation Fit Kids Curriculum - American Council on Exercise

PE Central

Sparking Life Niagara Physical Activity Cards- Niagara Region

Ultimate Camp Resource

Ultimate Camp Resource Games and Activities

Yoga 4 Classrooms Physical Activity Cards- Lisa Flynn

Weather-Related Guidance


Extreme Temperatures: Heat and Cold- American Academy of Pediatrics

Outdoor Play During Winter Months- American Academy of Pediatrics

Wind Chill Chart- National Weather Service

Winter Safety Tips - The American Academy of Pediatrics

National Recess Programs

Peaceful Playgrounds

Playworks

Project Fit America
Ready for Recess

Physical Activity

Active For Life MEGA Document: Maximum Engagement in Games and Activities - Pacific Institute for Sport Excellence

CHALK Just Move Program Materials- Tufts University

CHALK Just Move Physical Activity Cards-Tufts University

Power Up for 30 Fit at Home for Grades 6-8 Activity Ideas-Georgia SHAPE

2008 National Physical Activity Guidelines for Americans- U.S. Department of Health and Human Services

Youth Physical Activity Guidelines Toolkit- CDC

South Carolina Complete Streets Toolbook- Eat Smart, Move More South Carolina, DHEC’s Office on Obesity Prevention and Control & Palmetto Cycling Coalition

Creating a Walk to School Program- City of Bellevue Transportation Department

International Walk to School Program- University of North Carolina Highway Safety Research Center

Safe Routes to School- University of North Carolina Highway Safety Research Center

Sparking Life Niagara Physical Activity Cards- Niagara Region

Walking School Bus- University of North Carolina Highway Safety Research Center

Physical Activity During the School Day

10 Simple Activities to Encourage Physical Activity in the Classroom- YourTherapySource.com

Activity Bursts in the Classroom- David Katz

Active Academics
California Project Lean-Jump Start Teens- California Department of Health Services

CATCHy Ideas Kit: Middle School Physical Activity Breaks- Catch Texas Middle School Health and Academics- CDC

Choosy Kids

CircusFit

Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom- The Colorado Education Initiative

Dr. Jean Brain Breaks

Dr. Jean Songs and Activities for Young Children

Energizers: Classroom Based Activities-North Carolina Department of Public Instruction

Fitness Fun Forever- Florida Department of Education

Implementing Classroom-Based Physical Activity- Heather E. Erwin


Mississippi’s Health in Action Program- Mississippi Office of Healthy Schools

Mississippi’s You’ve Gotta Move Program- Mississippi Office of Healthy Schools

Motor Break Activities for the Classroom- Let’s Go!, a program of The Kids CO-OP at The Barbara Bush Children’s Hospital at Maine Medical Center

Move-to- Improve-New York City Department of Education

Move to Learn Initiative Physical Activity Videos for the Classroom-The Bower Foundation

Ready, Set, Fit- American Academy of Family Physicians

Ultimate Camp Resource

Intramural Activity Resources
North Carolina Intramural Handbook-North Carolina Public Schools

After School Physical Activity Policy Brief- CANFIT
California After School Resource Center Physical Activity Page- California Department of Education

Afterschool Counts! - The Robert Wood Johnson Foundation

After School Physical Activity Website-San Diego County Office of Education

BAM: Body and Mind- CDC

Considerations for Developing Effective Afterschool Programs- Michael W. Beets

Fit for Life After School Program- RonJones.org

Games Kids Play

The Healthy Kids, Healthy New York After-School Initiative Toolkit

Kidnetic

Model Health! Promoting Nutrition and Physical Activity in Children- Maryland State Department of Education

Move More North Carolina: Recommended Standards for After School Physical Activity- Move More After-School Collaborative

Operation Fit Kids Curriculum-The American Council on Exercise

Physical Activity Pyramid for Your After School Program- CANFIT

President’s Challenge for Kids- President's Council on Fitness, Sports & Nutrition

VERB: Play Activities for Tweens- CDC

Youth Physical Activity Guidelines Toolkit- CDC

Joint Use Agreements

Joint Use - Prevention Institute and Berkeley Media Studies Group
What is a joint use agreement? - ChangeLab Solutions
SPANISH What is a joint use agreement? - ChangeLab Solutions

Opening A School Property After Hours: A Primer on Liability - ChangeLab Solutions

Liability Risks for After-Hours Use of Public School Property: A 50-State Survey - ChangeLab Solutions

Examples of Model Joint Use Agreements - ChangeLab Solutions

Opening School Grounds to the Community After Hours Toolkit - ChangeLab Solutions

Seattle Joint Use Agreement - Seattle Parks & Recreation

Change Lab Solutions Shared Use Webpage

Joint Use of Public Schools: A Framework for Promoting Healthy Communities – Vincent; Journal of Planning Education and Research

Shaping NJ Joint Use Toolkit

Safe Routes to School Shared Use Clearinghouse

Employee Wellness Programs

American Cancer Society Workplace Solutions

American Heart Association Fit-Friendly Companies Program

California WIC Program Healthy Meeting Guidelines - California Department of Public Health

Centers for Disease Control and Prevention (CDC) Healthier Worksite Initiative

CDC LEAN Works!

Comprehensive Guide to Worksite Wellness

Developing an Employee Wellness Program - California Department of Public Health
Healthy Arkansas Worksite Wellness Toolkit- Arkansas Department of Health and Human Services

The Healthy Meeting Planning Guide- Tufts University

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small - U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion

Meeting Well - American Cancer Society

Moving into Action: Promoting Heart–Healthy & Stroke–Free Communities- CDC

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD) Weight Control Information Network

Network for a Healthy California Fit Business Kit- California Department of Public Health

Resource Guidebook: Recommendations for Physical Activity at the Workplace- California Department of Public Health

Strategic Alliance ENACT- Prevention Institute

Wellness Council of America

Simcoe Muskoka District Health Unit Healthy Workplace Resources

Take Action! A Worksite Employee Wellness Program- California Department of Public Health

USDA WIC Works Staff Wellness Resources

Videos

Active Kids Do Better- SHAPE America

Active Schools in Action- SHAPE America

Ways for Students to Get Sixty Minutes of PA Each Day!- Institute of Medicine

Let’s Move! Active Schools PAL Training- SHAPE America
Active Transport

On the Move: Safe Routes to Schools Policies in Rural School Districts

Get Out & Get Moving: Opportunities to Walk to School through Remote Drop-Off Programs – CA4Health and Change Lab Solutions