



**LET'S
MOVE**
in School™

www.LetsMoveInSchool.org



Get in the Action!

Through the Let's Move in School initiative, AAHPERD pledges to give teachers, principals, superintendents, school boards, and parents the support they need to help our kids become more physically active in school.

The goal of Let's Move in School is to ensure that every school provides a comprehensive school physical activity program with quality physical education as the foundation so that youth will develop the knowledge, skills, and confidence to be physically active for a lifetime.

Read about the latest Let's Move in School updates and visit www.LetsMoveInSchool.org for new tips, tools, and ideas.

Resources

Let's Move in School Toolkit

We've created a toolkit that offers tools & resources for building a culture that supports daily physical activity as a part of the learning environment for all students and teachers.

The toolkit includes:

A Let's Move in School DVD, Active Kids & Academic Performance brochure, Physical Activity Guide for a Healthy School, 101 Tips for Implementing a Comprehensive School Physical Activity Program, and a Healthy Kids = Active Learning brochure.

Let's Move in School Poster

Hang it up at the entrance to the gym to display the connection between moving and healthy, bright students.

PTA/PTO Online Toolkit

- FREE Online Toolkit
- Inventory tool to assess current status of CSPAP in school
- Goals & Procedures to determine steps for change
- Modifiable Power Point presentation to promote change
- Model resolution to encourage CSPAP in school/district

101 Tips

The perfect tool for creating a comprehensive school physical activity program at your school! Helpful tips guide you through the process of building buy-in, involving staff and garnering support from families and the community.

Physical Education Teacher Toolkit

- FREE Online Toolkit
- Easy-to-use activities
- Single-focused themes with tips & resources
- Physical activity breaks
- Communication to parents
- News about upcoming webinars

Superintendents & School Boards Online Toolkit

- FREE Online Toolkit
- For school board members and superintendents
- Inventory tool to assess level of physical education/activity provided by school districts
- Goals & Procedures to determine steps for change
- Use to create awareness of the benefits of CSPAP
- Ultimate goal to increase physical education/activity



Celebrate Let's Move in School in Boston!

Here are a few of the highlights from March's AAHPERD National Convention & Expo:

- NDA Let's Move – Let's Dance in School Workshops
- Second Annual Let's Move in School Showcase
- Director of Physical Activity Workshop
- CSPAP in Higher Education
- Getting FIT with Physical Best!
- Tips for Using Let's Move in School Toolkits
- Let's Move and Learn in School

How to order Let's Move in School Resources:

Visit www.LetsMoveInSchool.org, select "Tools" on the black toolbar and click on the resource to purchase.

Webinars

Join AAHPERD the second Wednesday of every month for a webinar about what's new with Let's Move in School, resources to use in your school and real life examples from those in the field. You will learn about everything from successful staff wellness programs and community-based physical activity opportunities, to incorporating nutrition education into a physical education curriculum. December and January webinars will focus on "Physical Activity During School" and "Staff Involvement."

Can't listen in live? No problem! Each webinar will be archived on the Let's Move in School website and is easily accessible for your convenience. Speakers of past webinars include Georgi Roberts, Fort Worth Independent School District; Noah Drew, Fort Worth Independent School District; Melanie Moore, Wichita Public Schools; Maitland Lachman, Nickelodeon; Aaron Beighle, University of Kentucky; Monica Lepore, West Chester University; and Ellen Abbadessa, Kyrene School District. Have further questions? Visit www.LetsMoveInSchool.org.

Upcoming Webinars

Physical Activity During School

December 14, 2011

1:00-1:45pm EST

Hear examples and receive advice from schools providing valuable opportunities for students to be physically active throughout the school day.

Staff Involvement

January 11, 2012

1:00-1:45pm EST

Receive tips from schools with successful employee wellness programs that have shown to improve staff health, increase physical activity levels, and be cost effective.

Family and Community Involvement

February 8, 2012

1:00-1:45pm EST

Learn about joint-use agreements and hear from schools that have benefited from community-based physical activity opportunities.

Integrating Nutrition Education into Physical Education

March 7, 2012

1:00pm-1:45pm EST

Learn simple ways to effectively integrate nutrition education into an existing physical education curriculum and hear from physical educators who are successfully implementing nutrition into their PE programs.

How to Access Archived Webinars in 5 Easy Steps

1. Go to www.LetsMoveInSchool.org.
2. Select "Free Webinar Series," under New Tools that You Can Use.
3. Click on Webinar Archive.
4. Pick an archived webinar.
5. Enjoy!

Don't Forget to Register!

Visit www.LetsMoveInSchool.org or call 1-800-213-7193 x489 to register your school for the MOVEment!

Events

Worldwide Day of Play

Let's Move in School participated in Nickelodeon's Worldwide Day of Play on September 24 in Washington DC. It was an amazing day with more than 50,000 people in attendance.



Let's Jump!

AAHPERD joined First Lady Michelle Obama on October 11 to help break the record for the most people doing jumping jacks.



Stakeholder's Meeting

AAHPERD's first Let's Move in School National Stakeholder's meeting was held on October 12, 2011 at the Reston headquarters in Northern Virginia. The meeting celebrated the success of Let's Move in School and identified the needs and opportunities for increasing school-based physical activity in elementary, middle, and high schools, and meeting participants learned about upcoming activities of the Let's Move in School initiative.

Shellie Pfohl, Executive Director of the President's Council on Fitness, Sports & Nutrition presented strategies for increasing before-, during-, and after-school physical activity for students and staff to enhance health and performance. Participants brainstormed how Let's Move in School can support organizations and schools with the Comprehensive School Physical Activity Program (CSPAP) model components. Results of the 2011 CSPAP Survey were also released.