

Join Let's Move in School!

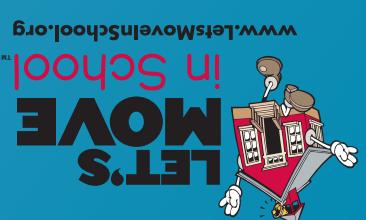
Parents' Views of Children's Health & Fitness: A Summary of Results, A Survey Conducted by Opinion Research Corporation International of Princeton, NJ, for the National Association for Sport and Physical Education, 2003.
 Robert Wood Johnson Foundation's Bridging the Gap Program, School Policies and Practices to Improve Health and Prevent Obesity: National Secondary School Survey Result.
 California Department of Education; Dwyer, Sallis, Bizzard, Lazarus, & Dean (2001); Dwyer et al. (1983); Linder (1999); Linder (2002); Shephard (1997); Tremblay et al. (2000).
 American Alliance for Health, Physical Education, Recreation and Dance
Let's Move in School is an AAHPERD Initiative.

Comprehensive School Physical Activity Program



- Strategic Partners**
 American Association of School Administrators
 ASCD
 National Association of Elementary School Principals
 National Association of Secondary School Principals
 National School Boards Association
- Federal Partner**
 President's Council on Fitness, Sports & Nutrition
- Corporate Partners**
 energybalance 101
 American Beverage Association
 United States Tennis Association (USTA)

HEALTHY KIDS = ACTIVE LEARNING
 Putting our children on the path to a healthy future



Join Today!

Get in the Action!

Join the Let's Move in School movement to support schools in providing a comprehensive school physical activity program (CSPAP) based on quality physical education to include all children before, during, and after school.

Let's Move in School...

- encourages a minimum of 60 minutes of physical activity before, during, and after school to improve health and learning;
- is supported by national educational leaders;
- provides teachers, administrators, school boards, and parents with tools to create an active learning environment;
- helps to utilize all opportunities available to provide physical activity before, during and after school; and
- develops physically educated students with the knowledge, skills, and attitudes to be physically active for life.

Educate

Physical education is the foundation of a CSPAP. It is the school curricular area that develops movement skills, knowledge of movement and fitness concepts, physical activity and health-related fitness, personal and social responsibility, and valuing the benefits of physical activity. Quality physical education gives students opportunities to practice and enjoy physical activity both within and outside of school.

"When a substantial amount of school time is dedicated to physical activity, academic performance meets and may even exceed that of students not receiving additional physical activity."³

Involve

A comprehensive school activity program requires involvement by all who are touched by the school community, including:

- Physical education and classroom teachers
- School staff
- Principals
- Superintendents
- School boards
- Parents and PTAs and PTOs
- Community leaders
- Before and After-school care providers

Tools to help

AAHPERD has developed resources to help you implement a CSPAP. Visit www.LetsMoveInSchool.org to access and learn more. Watch for;

- Let's Move in School Toolkit
- Physical Education Teacher Toolkit
- PTA/PTO Toolkit
- School Board/Superintendent Toolkit
- Let's Move in School Webinars
- Director of Physical Activity (DPA) Certification Program

"95% of parents of children under 18 believe physical education should be part of a school curriculum for all students in grades K-12."¹

"Schools have made little progress in helping students be active during and after the school day."²

Get more info
www.LetsMoveInSchool.org
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 (800)213-7193

Healthy Kids



Active Learning

