

# Our Infographic

JOIN THE MOVEMENT

# Active Kids Do Better.



## Studies show that Active Kids Do Better...



Better academic performance



Better school attendance



Better behavior and concentration in class

## ...but our kids are moving less and less:



Only **1 in 3** kids is active every day



Only **6 states** require physical education in every grade



Only **20%** of school districts require daily recess



# It's time to get our kids moving again.

Kids spend the majority of their time in school.



## If we want active kids, we need Active Schools.



### What is an Active School?

An Active School incorporates physical activity before, during, and after school for at least **60 minutes every day**.

### Five key elements to achieve school-wide change:

- |  |   |  |   |   |
|--|---|--|---|---|
| <p><b>1</b></p> <p><b>Physical Education</b><br/>Provide high-quality physical education that is fun and inclusive</p> | <p><b>2</b></p> <p><b>Physical Activity During School</b><br/>Create active classrooms. Include physical activity breaks in lessons</p> | <p><b>3</b></p> <p><b>Physical Activity Before &amp; After School</b><br/>Offer students opportunities to begin and end their day with physical activities</p> | <p><b>4</b></p> <p><b>Staff Involvement</b><br/>Emphasize physical activity as a priority for the whole staff</p> | <p><b>5</b></p> <p><b>Family &amp; Community Engagement</b><br/>Connect with the community. Make your school the center for physical activity</p> |
|--|---|--|---|---|



Sounds great!

## Now what can I do?



GET STARTED AT:

[letsmoveschools.org](https://letsmoveschools.org)



**School Staff Members**  
Sign up to champion an Active School



**Administrators**  
Visibly lead your school in becoming an Active School



**Parents**  
Encourage your school to become an Active School



**Community Members**  
Offer resources and time to support your local school in becoming an Active School



**Everyone**  
Spread the word

As the national solution to ensure that 60 minutes of physical activity a day is the norm in K-12 schools, *Let's Move!* Active Schools equips schools with the resources, tools and a customized Action Plan to create an Active School environment. Why are Active Schools so important? Because **Active Kids Do Better**. *Let's Move!* Active Schools is powered by a national collaborative of health, education and private sector organizations that strives to bring the positive benefits of physical education and physical activity to every child across the country.

***Let's Move!* Active Schools National Collaborative**

- AASA, The School Superintendents Association
- Action for Healthy Kids
- Adventure to Fitness
- Alliance for a Healthier Generation
- ASCD (formerly the Association for Supervision and Curriculum Development)
- Athletes for Hope
- BOKS
- ChildObesity180
- Focused Fitness
- GenMove USA
- GENYOUth Foundation
- GoNoodle
- Good Sports
- Gopher Sport
- Kaiser Permanente
- KIDS in the GAME
- *Let's Move!*
- Marathon Kids
- National Association of Secondary School Principals (NASSP)
- National PTA
- NBA FIT
- NIKE, Inc.
- Partnership for a Healthier America
- President's Council on Fitness, Sports & Nutrition
- Safe Routes to School National Partnership
- S&S Worldwide
- SHAPE America
- SPARK & Sportime
- U.S. Department of Health and Human Services
- USA Track & Field

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