Resources for Classroom PA Breaks and Active Recess

Note: In order to narrow down the list, please start with the resources with a “**” next to it.

Classroom PA Breaks:

1. Fuel up to Play 60*
2. Heart.org School Breaks*
3. Power Play! Energizers*
4. Shape America Teacher’s Toolbox*
5. Take a Break Teacher Toolbox*
6. CDC Physical Activity at the Worksite*
7. Hip Hop Public Health Videos*
8. UNICEF Kid Power Ups
9. Arthritis Foundation
10. Eat Smart, Move More North Carolina
11. Iowa Dept. of Education PA Breaks
12. JAMmin Minute Brain Breaks from Harvest of the Month Workbook
13. Kids Health Classroom Exercise Breaks
14. Michael & Susan Dell Center for Healthy Living Activity Break Guide
15. Move to Learn
17. National Association for Sport and Physical Education
18. NCHPAD Brain Boosters Video and NCHPAD Tips for Inclusion
19. Action For Healthy Kids Activities
20. Physical Activity (PE) Central physical activity games database
21. Playworks Game Library
22. SPARK (Sports, Play and Active Recreation for Kids (SPARK) Interactive Group Challenges

Active Recess:

1. Action for Healthy Kids – Active Outdoor Recess
2. Playworks Game Library
3. Active Living Research – Increasing Physical Activity Through Recess
4. Playground Stencils and Active Recess
5. Recess Before Lunch Tip Sheet
6. Shape America Recess Planning Template