Why students need more activity...

National guidelines suggest students get at least 60 minutes of activity per day, each day of the week.

According to 2013 Minnesota Student Survey, the Roseville Area School District revealed that 45% of 5th grade students met the guideline only 3 days or less (21% only had one or zero days), 23% met the guideline 4-5 days of the week.

Short bursts of activity help settle the brain and refresh the student’s learning capability, as well as reduce behavioral issues.

Ideas for Physical Activity

To help kids achieve the national guideline for physical activity... each minute matters.

https://www.gonoodle.com/ GoNoodle FREE brain breaks for your child at home over break

http://www.healthpoweredkids.org/power-chargers/ Health Powered Kids™ Lessons & Activities is a series of 60+ lessons on nutrition, physical fitness and mind-body balance for youth, ages 3 to 14 years.

http://www.jamschoolprogram.com/ JAM (Just-a-Minute) School Program
Providing FREE resources to bring health education and physical activity at home. Use our resources and connect with one of our fitness professionals.

http://adventuretofitness.com/ Adventure to Fitness Registering for the site is 100% free and grants you limited access to printable activities, preview videos, our blog, and expert tips.