

# PHYSICAL EDUCATION BEST PRACTICES



- ◆ Provide pedometers for students.
- ◆ Provide physical activity for every student every day.
- ◆ Create a list of places in the school where physical activity can take place.
- ◆ Increase awareness of the importance of health and physical education.
- ◆ Create a list of types of physical activities—chart students' selections and goals (walking, bicycling, dancing, neighborhood walks, resistance training, yoga, clubs, etc.
- ◆ Provide recreational activities and programs before and after school.
- ◆ Provide additional recess equipment that is grade appropriate.
- ◆ Establish supervised activity stations.
- ◆ Walk/run the track before academic lessons.
- ◆ Recognize students over intercom for participation in school sports teams.
- ◆ Create walking paths on campus.
- ◆ Schedule field day activities.
- ◆ Create Smile Lab and Brain Gym.
- ◆ Create student exercise videos.
- ◆ Incorporate physical activity in fund raising.
- ◆ Include cardiovascular fitness evaluation with PE.
- ◆ Educate students on the use of recording changes and improvements with heart monitors.
- ◆ Have students determine personal best score/distance.
- ◆ Promote ideas for things to do at home for physical activity.
- ◆ Highlight out of school sports and activities on the intercom.
- ◆ Use heart rate monitors to record cardio data.
- ◆ Take body composition twice every nine weeks.
- ◆ Keep nutrition food journals or personal portfolios by all PE students to track data.
- ◆ Integrate cardiovascular fitness into health education and physical education in the curriculum.
- ◆ Encourage participation with “Jump Rope for Heart.”
- ◆ Participation in the Governor’s Physical Fitness Challenge.
- ◆ Establish a weight training program for students before, during and/or after school.
- ◆ Reward students with certificates, pins or trophies for successes.

