



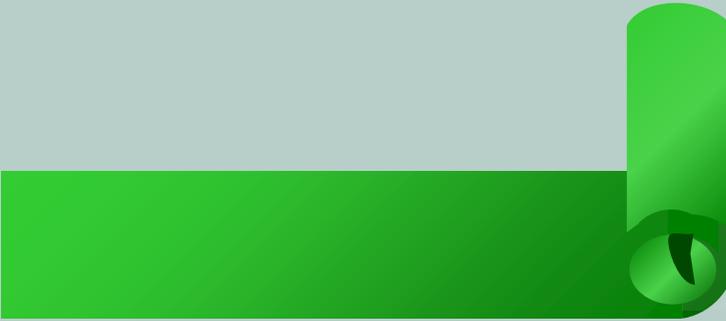
# Module 4: Creating active people



# A whole school approach



◀ At a school-level



◀ At a Community-level



**Promote physical education (PE)**

**Provide daily recess**

**Integrate PA into the teaching of school subjects**

**Provide opportunities for PA before and after the school hours**

**Inform students on the benefits of PA**

# School-level activities

**Involve parents**

**Involve teachers**

**Upgrade your equipment**

**Organise sport events**

**Integrate physical activity into school routine**

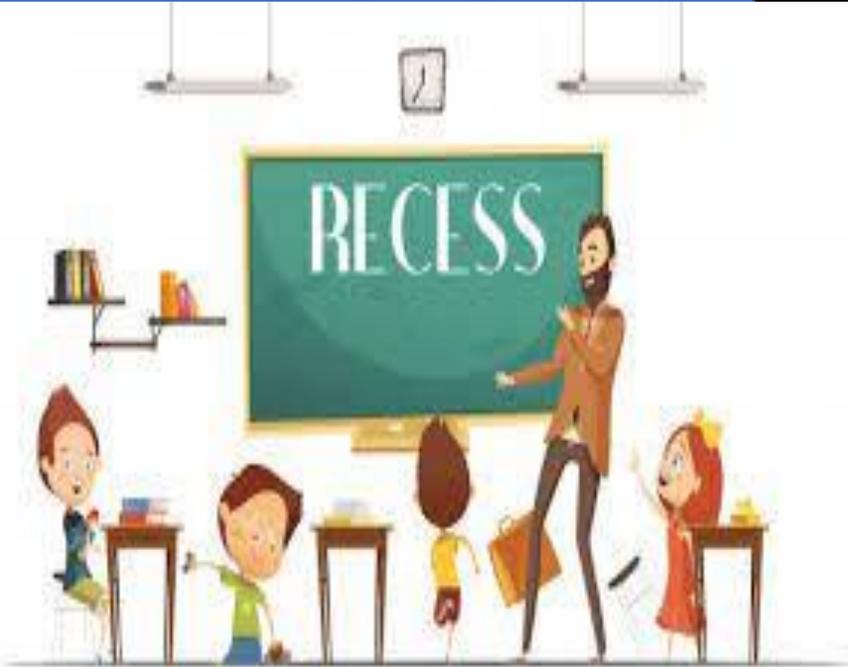
**Reinforce healthy habits**



Physical education should be fostered by increasing the number of PE lessons.

Physical education can be promoted by increasing the number and types of fitness activities during the lessons.





Recess can help students be more physically active and thus be able to achieve the recommended dosage of daily physical activity.





# Classroom

Physical activities can be included into teaching of the other academic subjects by incorporating regular physical activity breaks or tasks through physical activities.





School and out of school programs staff can coordinate actions promoting the message about physical activity. This way students will be encouraged to participate in physical activity while they are on school grounds.



It is of great importance to make students aware of the impact of physical activity on health, well-being and academic performance.



## Benefits of physical activity



Improve Blood Pressure



Strengthens Lungs



Strong Immune System



Overall Mental Health



Reduced Risk of Heart Disease



Increases Bone Density



Increased Muscle Strength

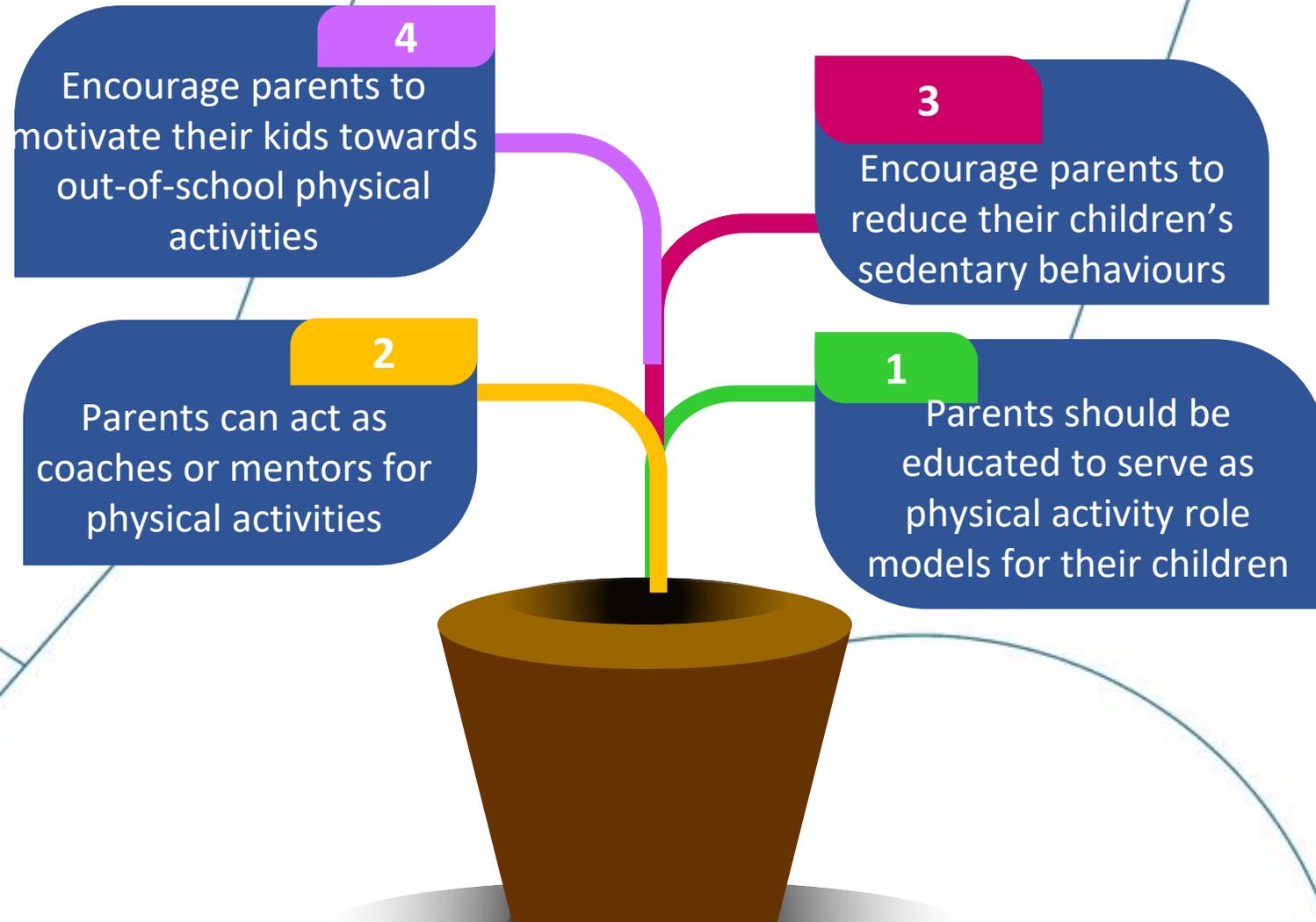


Weight Loss



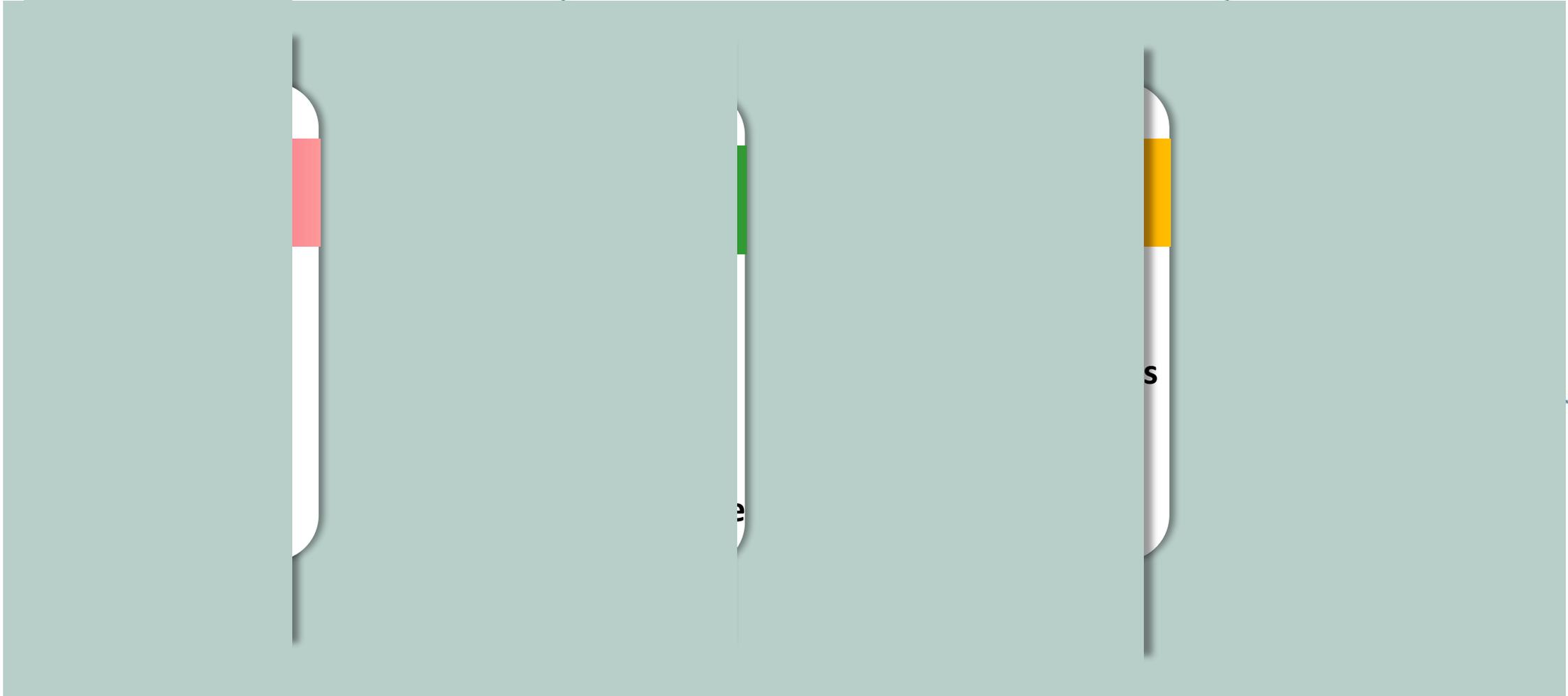


# Involve parents





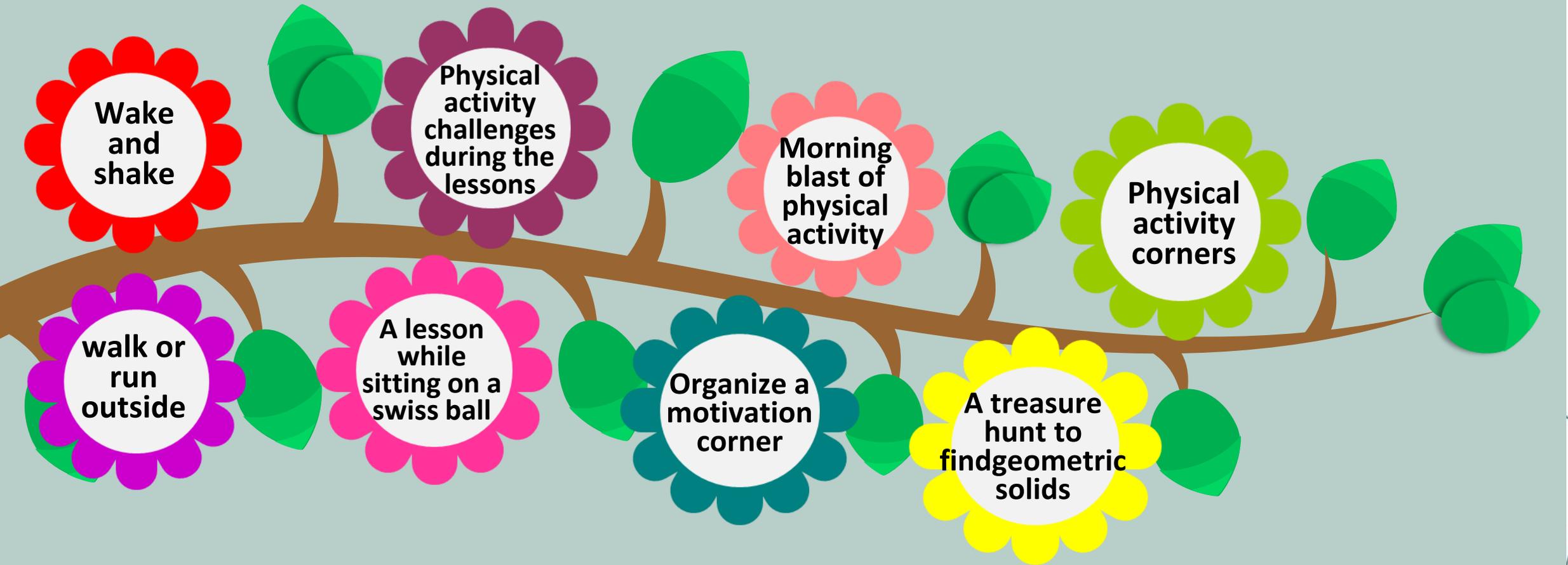
# Involvement of teachers







## Proposed activities are:





# Community-level activities

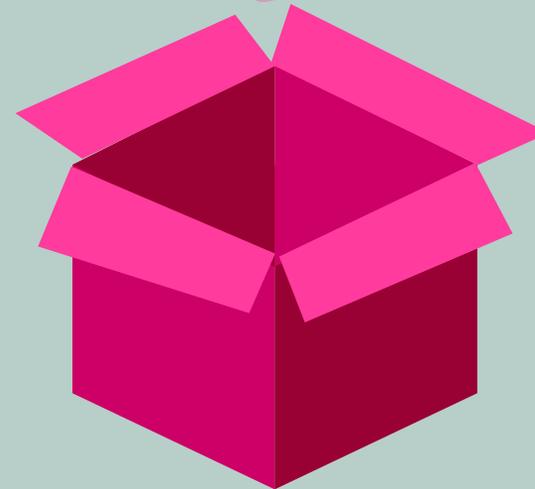
Re-structuring the  
environment



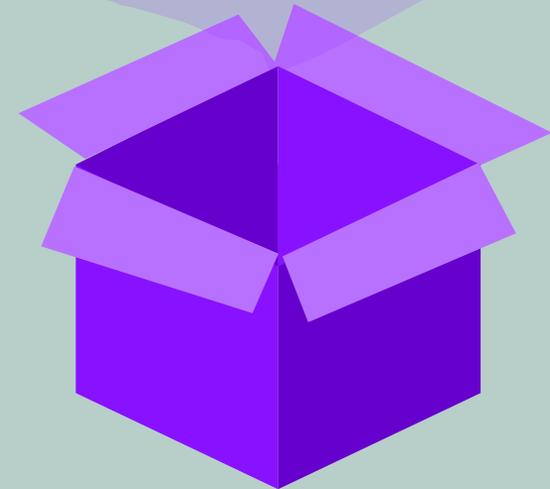
Actions to improve  
access to school by  
walking, cycling or  
public transport



Joint physical  
activity events with  
schools



Establish  
partnerships with  
the community in  
order to be more  
physically active





Find more ideas about how to promote physical activity through schools at

- <https://playpowercanada.ca/blog/how-to-promote-physical-activity-at-your-school/>
- <https://letsmove.obamawhitehouse.archives.gov/increase-physical-activity-opportunities>
- <https://blog.schoolspecialty.com/5-ways-promote-physical-activity-month-school/>
- <https://www.icsspe.org/system/files/Designed%20to%20Move%20-%20Active%20Schools%20Report.pdf>