



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

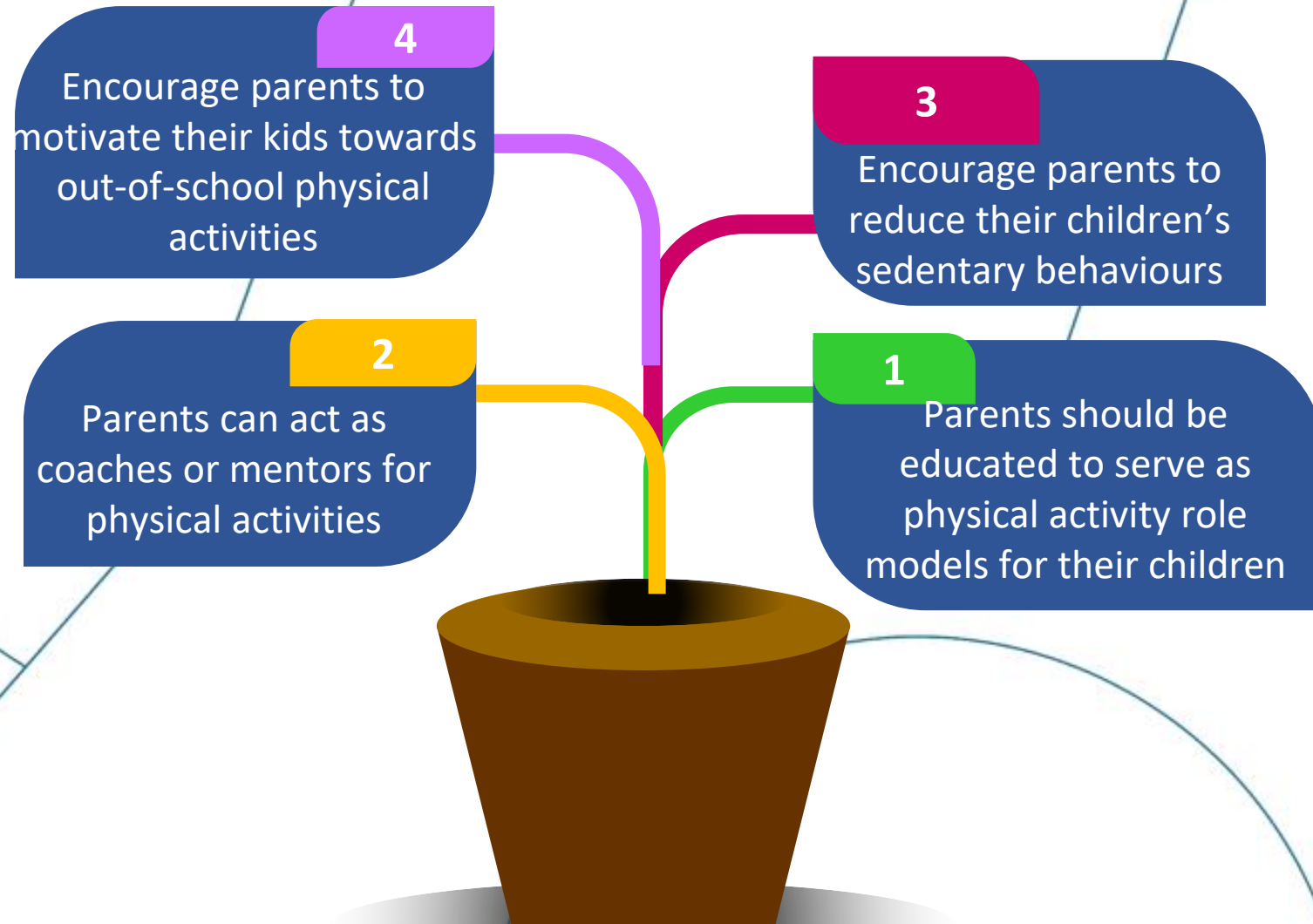


Weight Loss



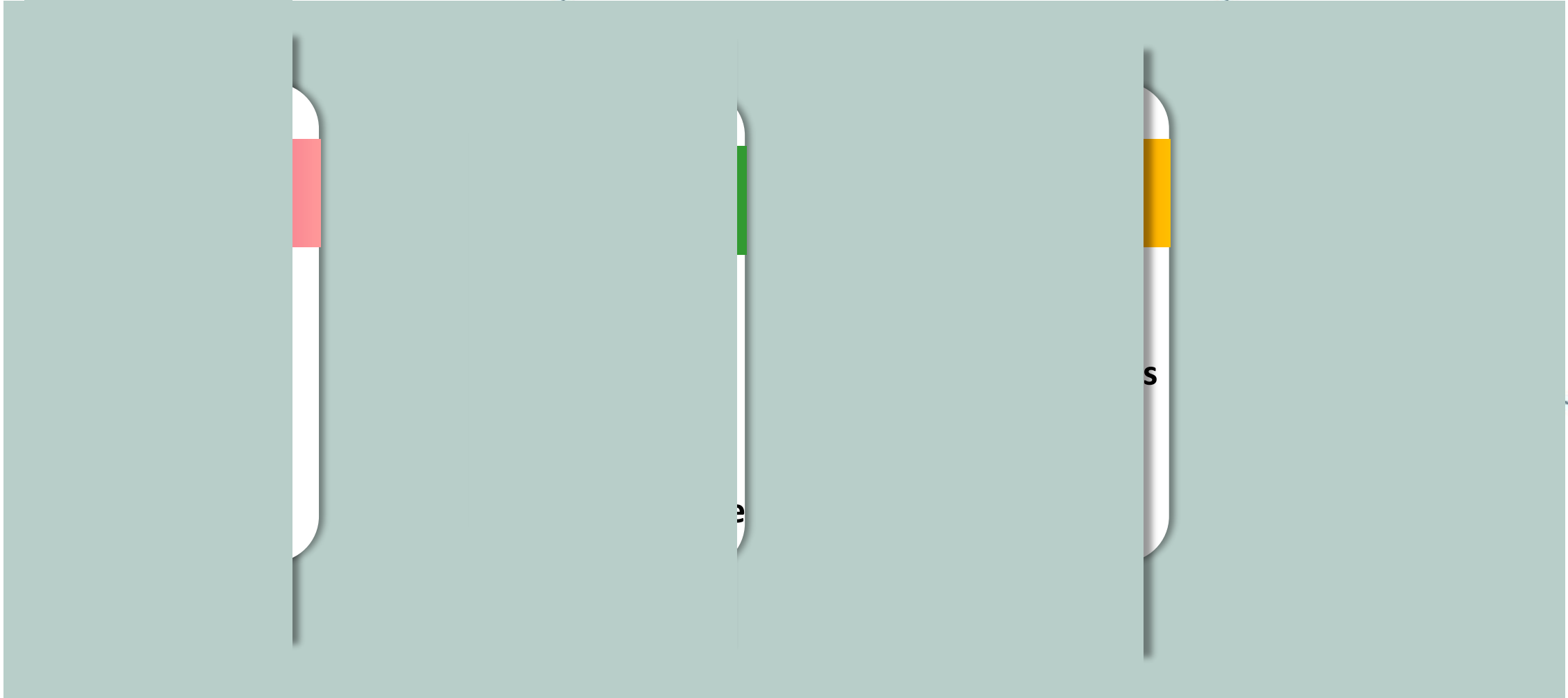


Involve parents



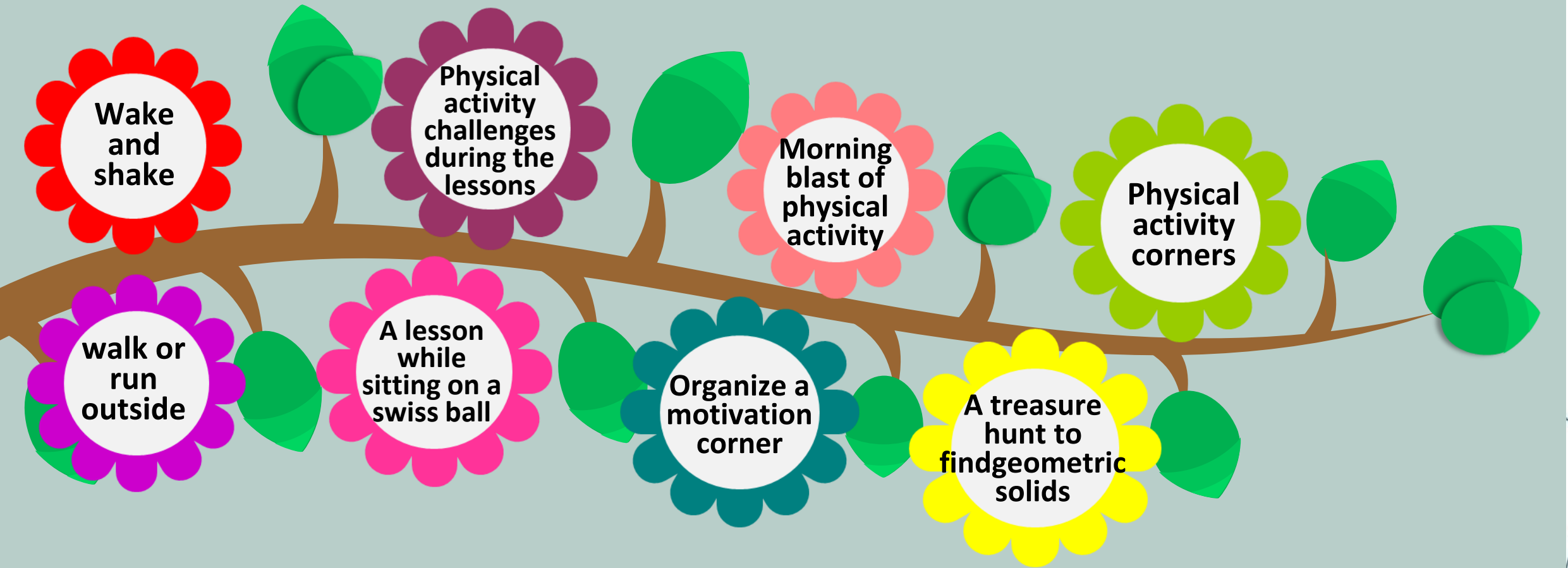


Involvement of teachers





Proposed activities are:





Community-level activities

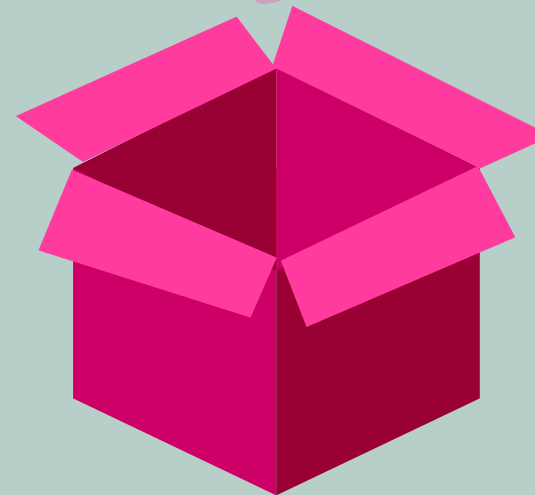
Re-structuring the environment



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>