

Take Action for Fit Kids!

K-12 CLASSROOM TEACHERS

Ninety-five percent of children ages 5-18 spend at least half of their awake time in school. Schools play a critical role in providing a safe, health-promoting environment for students that also supports them in learning and practicing health-promoting behaviors.



Provide an environment that supports physical activity:

- Integrate physical activity breaks and kinesthetic teaching techniques into the classroom daily.
- Create a classroom design that requires students to move about the room.
- Schedule a minimum of 20 minutes of recess per day for elementary schools and encourage active play by providing equipment such as jump ropes, balls and other gear for games such as four-square, active tag or flag football;
- Do not withhold recess or use physical activity as a punishment or to make up work.
- Provide health education that encourages students to be physically active 60 minutes a day, to reduce screen time to no more than two hours per day, and aligns with the SC Health and Safety Education Standards.
- Serve as a role model for physical activity.

Provide an environment that supports healthy eating:

- Allow students to visit the water fountain throughout the school day and to carry water bottles in class.
- Use nonfood items, activities, and opportunities for physical activity to recognize students for good behavior or achievements.
- Encourage parents to provide healthy foods and beverages for snacks and classroom celebrations if food is served.
- Provide health education that supports making healthy food choices, links with the cafeteria and aligns with the SC Health and Safety Education Standards.
- Send nutrition education materials and cafeteria menus home with students.
- Serve as a role model for healthy eating.