



In alignment with “[Let’s Move!](#)”, America’s move to raise a generation of healthier kids, the West Virginia Department of Education supports and promotes the participation of students in daily physical activity, and is committed to supporting a healthy school environment. *Let’s Move! WV* is dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, *Let’s Move! WV* is about putting children on the path to a healthy future during their earliest months and years.

Active Schools as part of the “Let’s Move! West Virginia” Campaign

Active Families: Engage in physical activity each day: a total of 60 minutes for children, 30 minutes for adults.

Active Schools: A variety of opportunities are available for schools to add more physical activity into the school day, including physical education classes, before–and afterschool programs, recess, action –based classroom activities and opening school facilities for student and family recreation in the late afternoon and evening.

Active Communities: Mayors and community leaders can promote physical fitness by working to increase safe routes for kids to walk and ride to school; by revitalizing parks, playgrounds, and community centers; and by providing fun and affordable sports and fitness programs.

Given the significant amount of time students spend at school, it is a key place for kids to get a portion of the recommended 60 minutes of moderate to vigorous activity each day. Schools can undertake a combination of strategies and approaches to help children be more physically active and participate in an additional 15 minutes of daily moderate to vigorous physical activity.

Let’s Move! WV Physical Activity Resource Guide will be available on-line at <http://wvde.state.wv.us/healthyschools/>

Overview of Let’s Move! WV Resource Guide

Let’s Move! WV resource guide is intended to assist administrators, teachers and staff of students in Grades Pre-K through 8 in implementing daily physical activity movement opportunities. High Schools should explore physical activity opportunities that would work for their students. Schools are encouraged to provide an additional fifteen minutes of moderate to vigorous (intensity that increases heart rate and produces heavier than normal breathing) physical activity each school day. The physical activity may be accumulated, e.g. three five

minute breaks. This is in addition to physical education, recess and other physical opportunities already provided before, during or after school.

Benefits

According to National Association for Sport and Physical Education ([NASPE](#)), benefits of daily physical activity include:

- Reduces the risk for overweight, diabetes, and other chronic disease
- Helps children feel better about themselves
- Reduces the risk for depression and the effects of stress
- Helps children prepare to be productive, healthy members of society and improves overall quality of life

In addition to the health benefits, emerging research suggests physical activity can improve academic performance.

Responsibilities

Superintendents, principals, physical education teachers, and staff play essential leadership roles in the planning for intentional physical activity opportunities. Therefore, it is important that they be actively engaged in and supportive of Let's Move! WV -Active Schools.

Principals should use the following suggestions to establish a supportive environment:

- Encourage staff to approach daily physical activity with a positive attitude.
- Motivate teachers to provide input regarding the ultimate framework and the implementation plan relating to the school.
- Provide flexibility in the framework for implementing daily physical activity through the school.
- Support teachers in attending in-service training throughout implementation.
- Ensure appropriate school personnel communicate health related issues, IEP modifications, 504 Plans, etc. to --- staff members.

For additional information, contact Mary Weikle, Coordinator, Health and Physical Education AIDS/HIV/Teen Pregnancy Prevention-Office of Healthy Schools

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