

CSPAP Resources

Policy

[Shape of the Nation- SHAPE America](#)

[Guide for Effective Physical Education Policy- SHAPE America](#)

[CDC School Health Guidelines to Promote Healthy Eating and Physical Activity](#)

[CDC Strategies to Improve the Quality of Physical Education](#)

[County Health Rankings Interactive App – University of Wisconsin Population Health Institute](#)

[Classification of Laws Associated with School Students \(C.L.A.S.S.\) Policy Classification Systems- National Cancer Institute](#)

[Fit, Healthy, and Ready To Learn Chapter D: Chapter D: Policies to Promote Physical Activity and Physical Education- National Association of State Boards of Education](#)

[Educating the Student Body Taking Physical Activity and Physical Education to School- Institute of Medicine](#)

[Educating the Student Body Taking Physical Activity and Physical Education to School Recommendations- Institute of Medicine](#)

[CSPAP Policy Continuum- SHAPE America](#)

[State School Health Policy Matrix- A Collaborative Project of NACDD, NASBE and SHAPE America](#)

[State Obesity-Related Policies- Robert Wood Johnson Foundation](#)

[Webinar: Keys to Understanding State Level School Health Policies- SHAPE America](#)

Practices

[CDC: Health and Academic Achievement](#)

[CDC Health and Academics Webpage](#)



[CDC: New CDC Report: State Indicator Report on Physical Activity](#)

[CDC Strategies to Improve the Quality of Physical Education](#)

[CDC National Framework for Physical Activity and Physical Education & Resources to Support Comprehensive School Physical Activity Programs](#)

[CDC Increasing Access to Drinking Water in Schools](#)

[How Health Departments Work and How to Work with Health Departments- School Health Council](#)

[How Schools Work and How to Work with Schools- National Association of State Boards of Education](#)

[Speaking Education's Language: A Guide for Public Health Professionals Working in the Education Sector \(2013\)- The National Association of Chronic Disease Directors](#)

[Healthy Meeting Toolkit- Center of Science in the Public Interest](#)

[CDC Comprehensive School Physical Activity Programs: A Guide for Schools](#)

[Nemours Childhood Obesity Prevention Toolkit for Rural Communities](#)

[Comprehensive School Physical Activity Programs: Helping All Students Achieve 60 Minutes of Physical Activity Each Day- SHAPE America](#)

[SHAPE America Physical Activity Position Statements](#)

[SHAPE America Physical Education Position Statements](#)

[The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools- Action for Healthy Kids](#)

[The Wellness Impact: Enhancing Academic Success Through Healthy School Environments- GenYouth Foundation](#)

[IOM Get 60 Minutes Infographic](#)



Recess Policy

[SHAPE America's Comprehensive School Physical Activity Policy Continuum – Physical Activity During the School Day](#)

[Recess For Elementary School Students – SHAPE America Position Statement](#)

[The Crucial Role of Recess in School – American Academy of Pediatrics Position Statement](#)

[Fit, Healthy and Ready to Learn – Chapter D: Policies to Promote Physical Activity and Physical Education- National Association of State Boards of Education](#)

[School Health Guidelines to Promote Healthy Eating and Physical Activity – Centers for Disease Control and Prevention](#)

[Recess Before Lunch: A Guide for Success – Montana Office of Public Instruction](#)

[Physical Activity Used as Punishment and/or Behavior Management – SHAPE America Position Statement](#)

Recess Guidance

[Does Better Recess Equal a Better School Day? Robert Wood Johnson Foundation](#)

[Increasing Physical Activity Through Recess Robert Wood Johnson Foundation](#)

[Ready for Recess: Policy and Practice to Support Students' Physical Activity Aaron Beighle, University of Kentucky and Jennifer Huberty, University of Arizona, September 10, 2013](#)

[Active Recess Through Systematic Supervision- Minneapolis Public Schools- developed with CDC CTG](#)

Recess Activity Ideas

[Active Academics](#)

[Active Gaming for Teachers- PE Central.org](#)

[Activity Bursts in the Classroom- David Katz](#)

[Brain Breaks- Central Michigan University](#)

[CATCHy Ideas Kit: Middle School Physical Activity Breaks- CATCH Texas Middle School](#)



[CHALK Just Move Physical Activity Cards- Tufts University](#)

[CHALK Just Move Program Materials- Tufts University](#)

[CircusFit](#)

[Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom- Colorado Education Initiative](#)

[Energizers: Classroom Based Activities- North Carolina Department of Public Instruction](#)

[Kids' Games](#)

[Mississippi's You've Gotta Move Program- Mississippi Office of Healthy Schools](#)

[Operation Fit Kids Curriculum - American Council on Exercise](#)

[PE Central](#)

[Sparking Life Niagara Physical Activity Cards- Niagara Region](#)

[Ultimate Camp Resource](#)

[Ultimate Camp Resource Games and Activities](#)

[Yoga 4 Classrooms Physical Activity Cards- Lisa Flynn](#)

Weather-Related Guidance

[AAP Policy Statement—Climatic Heat Stress and Exercising Children and Adolescents- American Academy of Pediatrics](#)

[Extreme Temperatures: Heat and Cold- American Academy of Pediatrics](#)

[Outdoor Play During Winter Months- American Academy of Pediatrics](#)

[Wind Chill Chart- National Weather Service](#)

[Winter Safety Tips - The American Academy of Pediatrics](#)

National Recess Programs

[Peaceful Playgrounds](#)



[Playworks](#)

[Project Fit America](#)

[Ready for Recess](#)

Physical Activity

[Active For Life MEGA Document: Maximum Engagement in Games and Activities - Pacific Institute for Sport Excellence](#)

[CHALK Just Move Program Materials- Tufts University](#)

[CHALK Just Move Physical Activity Cards-Tufts University](#)

[Power Up for 30 Fit at Home for Grades 6-8 Activity Ideas-Georgia SHAPE](#)

[2008 National Physical Activity Guidelines for Americans- U.S. Department of Health and Human Services](#)

[Youth Physical Activity Guidelines Toolkit- CDC](#)

[South Carolina Complete Streets Toolbook- Eat Smart, Move More South Carolina, DHEC's Office on Obesity Prevention and Control & Palmetto Cycling Coalition](#)

[Creating a Walk to School Program- City of Bellevue Transportation Department](#)

[International Walk to School Program- University of North Carolina Highway Safety Research Center](#)

[Safe Routes to School- University of North Carolina Highway Safety Research Center](#)

[Sparkling Life Niagara Physical Activity Cards- Niagara Region](#)

[Walking School Bus- University of North Carolina Highway Safety Research Center](#)

Physical Activity During the School Day

[10 Simple Activities to Encourage Physical Activity in the Classroom- YourTherapySouce.com](#)

[Activity Bursts in the Classroom- David Katz](#)



[Active Academics](#)

[California Project Lean-Jump Start Teens- California Department of Health Services](#)

[CATCHy Ideas Kit: Middle School Physical Activity Breaks- Catch Texas Middle School Health and Academics- CDC](#)

[Choosy Kids](#)

[CircusFit](#)

[Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom- The Colorado Education Initiative](#)

[Dr. Jean Brain Breaks](#)

[Dr. Jean Songs and Activities for Young Children](#)

[Energizers: Classroom Based Activities-North Carolina Department of Public Instruction](#)

[Fitness Fun Forever- Florida Department of Education](#)

[Implementing Classroom-Based Physical Activity- Heather E. Erwin](#)

[Just-A-Minute \(JAM\) School Program- Health-E-tips, Inc.](#)

[Mississippi's Health in Action Program- Mississippi Office of Healthy Schools](#)

[Mississippi's You've Gotta Move Program- Mississippi Office of Healthy Schools](#)

[Motor Break Activities for the Classroom- Let's Go!, a program of The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center](#)

[Move- to- Improve-New York City Department of Education](#)

[Move to Learn Initiative Physical Activity Videos for the Classroom-The Bower Foundation](#)

[Ready, Set, Fit- American Academy of Family Physicians](#)

[Ultimate Camp Resource](#)

Intramural Activity Resources



[North Carolina Intramural Handbook-North Carolina Public Schools](#)

[After School Physical Activity Policy Brief- CANFIT](#)

[California After School Resource Center Physical Activity Page- California Department of Education](#)

[Afterschool Counts! - The Robert Wood Johnson Foundation](#)

[After School Physical Activity Website-San Diego County Office of Education](#)

[BAM: Body and Mind- CDC](#)

[Considerations for Developing Effective Afterschool Programs- Michael W. Beets](#)

[Fit for Life After School Program- RonJones.org](#)

[Games Kids Play](#)

[The Healthy Kids, Healthy New York After-School Initiative Toolkit](#)

[Kidnetic](#)

[Model Health! Promoting Nutrition and Physical Activity in Children- Maryland State Department of Education](#)

[Move More North Carolina: Recommended Standards for After School Physical Activity- Move More After-School Collaborative](#)

[Operation Fit Kids Curriculum-The American Council on Exercise](#)

[Physical Activity Pyramid for Your After School Program- CANFIT](#)

[President's Challenge for Kids- President's Council on Fitness, Sports & Nutrition](#)

[VERB: Play Activities for Tweens- CDC](#)

[Youth Physical Activity Guidelines Toolkit- CDC](#)

Joint Use Agreements

[Joint Use - Prevention Institute and Berkeley Media Studies Group](#)

[What is a joint use agreement?- ChangeLab Solutions](#)

[SPANISH What is a joint use agreement?-ChangeLab Solutions](#)

[Opening A School Property After Hours: A Primer on Liability- ChangeLab Solutions](#)

[Liability Risks for After-Hours Use of Public School Property: A 50-State Survey- ChangeLab Solutions](#)

[Examples of Model Joint Use Agreements- ChangeLab Solutions](#)

[Opening School Grounds to the Community After Hours Toolkit-ChangeLab Solutions](#)

[Seattle Joint Use Agreement- Seattle Parks & Recreation](#)

[Change Lab Solutions Shared Use Webpage](#)

Joint Use of Public Schools: A Framework for Promoting Healthy Communities –Vincent; Journal of Planning Education and Research

[Shaping NJ Joint Use Toolkit](#)

[Safe Routes to School Shared Use Clearinghouse](#)

Employee Wellness Programs

[American Cancer Society Workplace Solutions](#)

[American Heart Association Fit-Friendly Companies Program](#)

[California WIC Program Healthy Meeting Guidelines- California Department of Public Health](#)

[Centers for Disease Control and Prevention \(CDC\) Healthier](#)

[Worksite Initiative](#)



[CDC LEAN Works!](#)

[Comprehensive Guide to Worksite Wellness](#)

[Developing an Employee Wellness Program- California Department of Public Health](#)

[Healthy Arkansas Worksite Wellness Toolkit- Arkansas Department of Health and Human Services](#)

[The Healthy Meeting Planning Guide- Tufts University](#)

[Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small - U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion](#)

[Meeting Well - American Cancer Society](#)

[Moving into Action: Promoting Heart-Healthy & Stroke-Free Communities- CDC](#)

[National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\) Weight Control Information Network](#)

[Network for a Healthy California Fit Business Kit- California Department of Public Health](#)



[Resource Guidebook: Recommendations for Physical Activity at the Workplace- California Department of Public Health](#)

[Strategic Alliance ENACT- Prevention Institute](#)

[Wellness Council of America](#)

[Simcoe Muskoka District Health Unit Healthy Workplace Resources](#)

[Take Action! A Worksite Employee Wellness Program- California Department of Public Health](#)

[USDA WIC Works Staff Wellness Resources](#)

Videos

[Active Kids Do Better- SHAPE America](#)

[Active Schools in Action- SHAPE America](#)

[Ways for Students to Get Sixty Minutes of PA Each Day!- Institute of Medicine](#)

[Let's Move! Active Schools PAL Training- SHAPE America](#)

Active Transport

[On the Move: Safe Routes to Schools Policies in Rural School Districts](#)

[Get Out & Get Moving: Opportunities to Walk to School through Remote Drop-Off Programs - CA4Health and Change Lab Solutions](#)