

Move-to-Improve Elementary Classroom Physical Activity Program Implementation Guidance for All-Star Schools

Move-to-Improve Program Overview

Physical movement stimulates academic success by helping students to be alert and have the energy to learn. Move-to-Improve is a free classroom-based physical activity program that helps elementary school teachers enhance their lessons with activities that get students moving. MTI activities blend academics and physical activity into educational lessons that support New York State PE Learning Standards and are integrated with Common Core Learning Standards.

Move-to-Improve All Star Schools

- Maintain a regularly scheduled standards-based PE program led by the school's PE teacher.
- Have trained 85% of their K-5 classroom teachers in the MTI program.

Move-to-Improve Minutes Guidance

New York State requires all elementary schools to provide at least 120 minutes of physical education (PE) every week for all students. Only qualified Move-to-Improve All-Star schools that regularly use Move-to-Improve activities during classroom instruction can count Move-to-Improve minutes as a supplement to their total PE instructional time and record this in the STARS scheduling system. Move-to-Improve activities are meant to support an existing physical education program and it is recommended that children engage in at least 10 minutes of Move-to-Improve physical activity daily. In a Move-to-Improve All-Star school, a total number of 40 minutes per week can be recorded in STARS and count towards the mandated 120 minutes of PE per week.

In order to enter Move-to-Improve minutes into STARS your All-Star School must follow the below guidelines:

- The school's certified or designated PE teacher provides supervision to Move-to-Improve-trained teachers ensuring Move-to-Improve activities and movements used in the classroom that supports PE learning standards.
- The activity must be led by a Move-to-Improve-trained teacher during the school day.

Recommendations for Incorporating Daily Move-to-Improve

The following recommendations are meant to provide Move-to-Improve Champions and school administrators with a Move-to-Improve usage framework to successfully utilize Move-to-Improve minutes to enhance their existing Physical Education program.

Every Day as a School

A Move-to-Improve-trained teacher chooses a Move-to-Improve activity from the Move-to-Improve K-3 or 4-5 Activity Guides to perform at the same time, school-wide, every day. For example, an Move-to-Improve-trained teacher leads a series of questions for the "True or False" activity with questions that can be answered by all students ("running is an aerobic activity," "jumping is a sedentary activity," "healthy food gives us energy...") over the public address system (PA) after morning announcements or at morning assembly while classroom teachers or student leaders model the movements.

Scheduled School-Wide, Teacher's Choice

The school sets aside a daily designated time for Move-to-Improve-trained teachers to choose their own Move-to-Improve activities to incorporate into their instruction. For example, between second and third periods, when the school has their Move-to-Improve time, a first grade teacher chooses to use xx minutes to lead his or her students in the "Spell It" activity, while, in a different classroom, another teacher chooses to lead his or her students in a round of "Movement Memory" to reinforce parts of speech. All teachers will have their own choices on how to integrate the Move-to-Improve activity as it appears in the Activity Guide into their lesson plan at the scheduled time.

Teacher-Led Once-a-Day

Move-to-Improve-trained teachers commit to choose the time to integrate one daily xx-minute Move-to-Improve activity that is written into their lesson plans. They may select a Move-to-Improve activity from their Activity Guide that fits in with their own personal lesson plan and use it when it best fits in with their day. For example, after story time, a teacher may choose to use “Move Like the Animals” with his or her first graders to further the exploration of the story that they just read. During class, another teacher may choose to use “Pace Yourself” for xx minutes to reinforce material that was just covered with his or her fourth grade students.

Related Resources:

[NYC DOE School Wellness Portal](http://www.nycenet.edu/wellness/wellnessportal/) is an online portal specific to NYC that contains local and national resources that NYC DOE public schools can access to help support their wellness initiatives.
www.nycenet.edu/wellness/wellnessportal/

[Let's Move! Active Schools \(LMAS\)](http://www.letsmoveschools.org) offers an online community and portal system designed to support individuals and school communities who champion an effort for all students to achieve 60 minutes of physical activity time per day. Supporting organizations that offer grant opportunities give priority consideration to schools that use LMAS. www.letsmoveschools.org

The Physical Activity Leader (PAL) is the professional development resource of the national *Let's Move!* Active Schools initiative. Sessions are designed to develop and support physical educators who will champion an effort in their schools to ensure 60 minutes a day of physical activity for all school-age youth. Please visit the OSWP website for more information.
<http://schools.nyc.gov/Academics/FitnessandHealth/default.htm>

[The Comprehensive School Physical Activity Plan \(CSPAP\)](http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm) is a communal approach to combat childhood obesity. The CSPAP model includes five key areas: Physical Education led by PE teachers, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement. www.cdc.gov/healthyyouth/physicalactivity/cspap.htm

