

Physical Activity Goal 10

GOAL 10: The District shall encourage all instructional staff to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: The District will provide resources, strategies, and trainings on movement in the classroom.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> The Teaching and Learning Department will provide staff with the opportunities to attend professional learning on instructional strategies used to incorporate physical activity into the classroom environment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Campus Wellness Committee Report <p>Resources needed:</p> <ul style="list-style-type: none"> Professional Learning on instructional strategies Professional Learning on brain breaks Action Based Learning (ABL) resources <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition
Objective 2: The campus will encourage teachers to include movement breaks in their lesson plan.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Staff will be encouraged to use instructional strategies to incorporate physical activity into the classroom environment. Staff will be encouraged to implement brain breaks into daily lessons. Campus administrators will encourage the scheduling of daily brain breaks. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Campus Wellness Committee Report <p>Resources needed:</p> <ul style="list-style-type: none"> Instructional strategies for including physical activities into the classroom environment Brain breaks <p>Obstacles:</p> <ul style="list-style-type: none"> Access to resources Staff attrition

