

# CLASSROOM PHYSICAL ACTIVITY

Students should participate in 60 minutes of physical activity (exercise) every day. Our teachers allow three-minute to five-minute breaks for physical activity during class. Daily physical activity promotes academic achievement, as well as improved attention span, classroom behavior, and attendance in students.

Our teachers use the following programs in the classroom to increase daily physical activity:

Go Noodle                       Yoga                       BOKS  
 CHALK's Just Move                       Other: \_\_\_\_\_

Classroom physical activity is moderate-to-vigorous (higher heart rate) at least this percentage of the time: \_\_\_\_\_%

Our teachers and staff received ongoing training and professional development about physical activity this year:

Yes                       No

Physical activity during the school day (including, but not limited to recess, breaks for physical activity, and physical education) will not be withheld as punishment or used as punishment for any reason. This does not include participation in extracurricular activities or school sports teams, which may have specific rules and requirements for participation. The New York City Department of Education (NYC DOE) encourages schools to create environments that promote physical activity for the health and well-being of students, staff and the community through an approach called Active Design. The NYC DOE recommends two resources to help guide schools: 1) the [Active Design Toolkit for School](#) and 2) the [Active Design Playbook for Early Childhood Settings](#).

Our movement schedule is below:

CLASS	CLASSROOM ACTIVITY	MONDAY TIME	TUESDAY TIME	WEDNESDAY TIME	THURSDAY TIME	FRIDAY TIME	WEEKLY TOTAL TIME

Move-to-Improve (MTI) is a classroom activity program that can count toward physical education requirements under certain circumstances. For more information on MTI, email [MTI@schools.nyc.gov](mailto:MTI@schools.nyc.gov).