What is Let’s Move! Active Schools?

Let’s Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools. An Active School incorporates physical activity before, during and after school for at least 60 minutes every day.

How does Let’s Move! Active Schools help you?

Powered by a national collaboration of leading health and education organizations, Let’s Move! Active Schools streamlines the selection of programs, resources, professional development and funding opportunities, and delivers a customized Action Plan – making it simple for teachers and strategic for administrators. Ultimately, Let’s Move! Active Schools, part of the First Lady’s Let’s Move! initiative, helps schools develop a culture in which physical activity and physical education are foundational to academic success.

What does an Active School look like?

★ Physical Education. Provide effective physical education that is fun and inclusive.

▲ Physical Activity During School. Create active classrooms. Include physical activity breaks in lessons.

▼ Physical Activity Before & After School. Offer students opportunities to begin and end their day with physical activity.

○ Staff Involvement. Emphasize physical activity as a priority for the whole staff.

▲ Family & Community Engagement. Connect with the community. Make your school the center for physical activity.

Active Kids Do Better.

- Higher test scores
- Improved attendance
- Increased focus
- Better behavior
- Elevated interpersonal skills
- A lifetime of healthy habits
How does it work?
After signing up on www.letsmoveschools.org, you will be guided through a simple process.

#1 EVALUATE. How is your school already moving? Our assessment tool will show where you already shine and where you need to step it up. Then, develop your Action Plan and get moving.

#2 ACTIVATE. Amplify your Action Plan. Identify the resources, programs, and initiatives that make sense for your school.

#3 CELEBRATE. You’ve planned, you’ve acted…the only thing left is to celebrate!

Who can sign up?
Anyone can sign up to champion the Let’s Move! Active Schools movement at www.letsmoveschools.org. We need school leaders, teachers, parents and community members to work together to get our nation’s kids moving again.

Let’s Move! Active Schools helps schools increase physical activity opportunities for students by…

- Leveraging its powerful network of national health and education organizations.
- Matching schools with evidence-based programs, resources and initiatives.
- Elevating the role of physical educators.
- Equipping school and district leaders to enact system-change.
- Providing funding for physical activity and physical education programming and curriculum.

Did You Know?
2 in 3 kids today are inactive

SUPPORTING ORGANIZATIONS
- Action for Healthy Kids
- Alliance for a Healthier Generation
- Athletes for Hope
- BOKS
- ChildObesity180
- GENYOUth Foundation
- GoNoodle
- Good Sports
- Kaiser Permanente
- Kids in the Game
- Let’s Move!
- NBA FIT
- NIKE, Inc.
- Partnership for a Healthier America
- President’s Council on Fitness, Sports & Nutrition
- Safe Routes to School National Partnership
- SHAPE America
- SPARK
- U.S. Department of Health and Human Services
- USA Track & Field

www.letsmoveschools.org