



Resources for Classroom PA Breaks and Active Recess

Note: In order to narrow down the list, please start with the resources with a “” next to it.*

Classroom PA Breaks:

1. [Fuel up to Play 60*](#)
2. [Heart.org School Breaks*](#)
3. [Power Play! Energizers*](#)
4. [Shape America Teacher’s Tool box*](#)
5. [Take a Break Teacher Toolbox*](#)
6. [CDC Physical Activity at the Worksite*](#)
7. [Hip Hop Public Health Videos*](#)
8. [UNICEF Kid Power Ups](#)
9. [Arthritis Foundation](#)
10. [Eat Smart, Move More North Carolina](#)
11. [Iowa Dept. of Education PA Breaks](#)
12. [JAMmin Minute Brain Breaks from Harvest of the Month Workbook](#)
13. [Kids Health Classroom Exercise Breaks](#)
14. [Michael & Susan Dell Center for Healthy Living Activity Break Guide](#)
15. [Move to Learn](#)
16. [Move More North Carolina: A guide to Making PA a Part of Meetings Conferences and Events](#)
17. [National Association for Sport and Physical Education](#)
18. [NCHPAD Brain Boosters Video](#) and [NCHPAD Tips for Inclusion](#)
19. [Action For Healthy Kids Activities](#)
20. [Physical Activity \(PE\) Central physical activity games database](#)
21. [Playworks Game Library](#)
22. [SPARK \(Sports, Play and Active Recreation for Kids \(SPARK\) Interactive Group Challenges](#)

Active Recess:

1. [Action for Healthy Kids – Active Outdoor Recess](#)

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2. [Playworks Game Library](#)
 3. [Active Living Research – Increasing Physical Activity Through Recess](#)
 4. [Playground Stencils and Active Recess](#)
 5. [Recess Before Lunch Tip Sheet](#)
 6. [Shape America Recess Planning Template](#)