

# INDOOR PHYSICAL ACTIVITY CAMPAIGN

POWERED SCHOOLS & AFTERSCHOOLS



# DEAR SCHOOLS,

We are committed to working with you to support the health and wellness of the students, staff, and parents.

This fall/winter semester we are providing a toolkit to learn more about indoor physical activity. The CDC has stated being physically active is one of the most important things you can do to improve your health. Physical activity has immediate health benefits, such as better sleep and reduced stress and anxiety. Regular physical activity can decrease depression and reduce your risk of obesity, heart disease, type 2 diabetes, and some cancer. With winter approaching, it is a great time for youths to consider exercising indoors.

Since youth spend most of their days in school, the indoor setting is a perfect opportunity to explore this topic using this tool kit.

Exploring this tool kit will help guide you implement indoor physical activities strategies to improve the overall wellbeing of students both inside and outside of school.

Best,

Nutrition Education Team  
Community Food Bank of New Jersey





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# PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS



Physical activity refers to any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level. In the Guidelines, physical activity generally refers to the subset of physical activity that enhances health. Exercise is a form of physical activity that is planned, structured, repetitive, and performed with the goal of improving health or fitness. Although all exercise is physical activity, not all physical activity is exercise.

Health is a human condition with physical, social, and psychological dimensions, each characterized on a continuum with positive and negative poles. Positive health is associated with a capacity to enjoy life and to withstand challenges; it is not merely the absence of disease. Negative health is associated with illness, and in the extreme, with premature death.



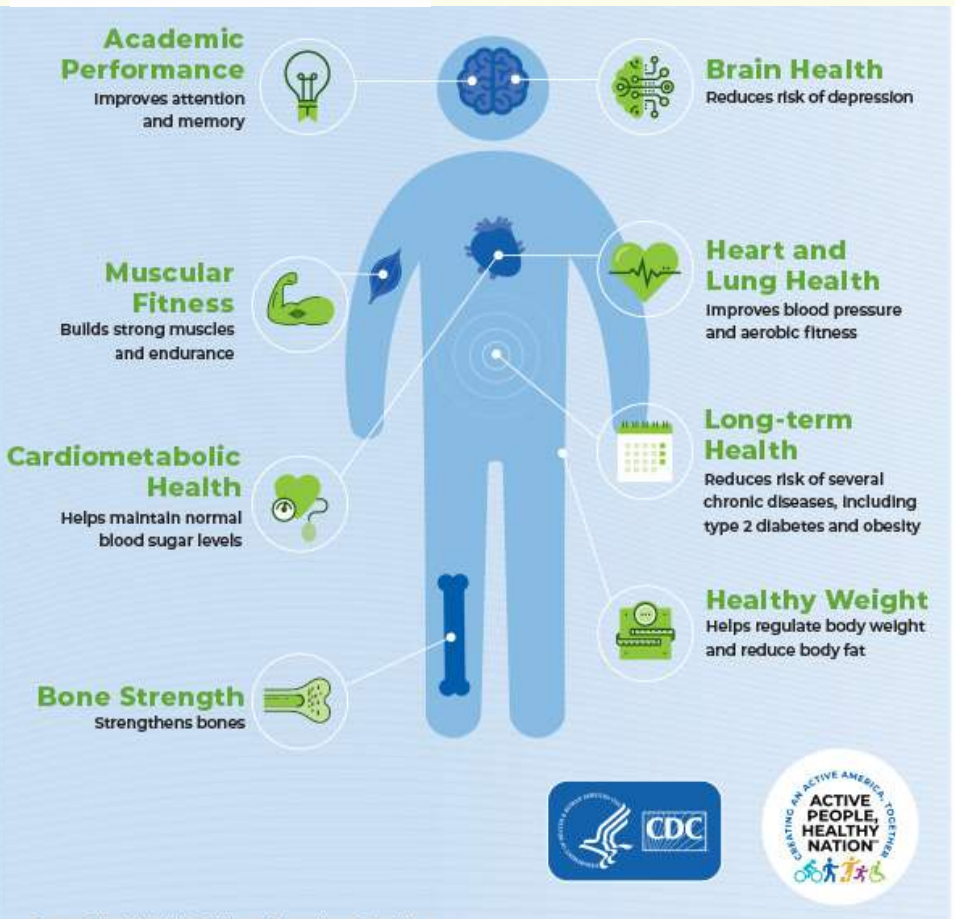
# HOW MUCH PHYSICAL ACTIVITY DO CHILDREN NEED?

The amount of physical activity children need depends on their age. Children ages 3 through 5 years need to be active throughout the day. Children and adolescents ages 6 through 17 need to be active for 60 minutes every day.



## TIPS FOR PARENTS AND STAFF

- Reduce screen time for children.
- Introduce them to different exercises.
- Get Creative!



## RECOMMENDATIONS

### Ages 3-5 years old

- Be physically active throughout the day for growth and development.
- Adult caregivers should encourage children to be active when they play.



### Ages 6 -17 years old

- 60 minutes or more of moderate-to-vigorous intensity physical activity each day.
  - Aerobic activity: Most of the daily 60 minutes should include activities like walking, running, or anything that makes their hearts beat faster. At least 3 days a week should include vigorous-intensity activities.
  - Muscle-strengthening: Includes activities like climbing or doing push-ups, at least 3 days per week.
  - Bone-strengthening: Includes activities such as jumping or running, at least 3 days per week.



## PREVENTATIVE STRATEGIES

**FOR MORE INFORMATION VISIT:** [HTTPS://WWW.CDC.GOV/PHYSICALACTIVITY/BASICS/CHILDREN/INDEX.HTM](https://www.cdc.gov/physicalactivity/basics/children/index.htm)

# INDOOR PHYSICAL EDUCATION ACTIVITIES TO GET LITTLE LEARNERS MOVING

Whether the rain has you stuck indoors or you just need fresh ideas for making indoor physical education a little more interesting, this list is your new go-to! You can take outdoor games and make them adaptable to indoors, use traditional games with a new twist, and use physical exercises to bring movement indoors. Most of these simple games and activities don't require much, but some do call for a few supplies such as yoga mats or hula hoops.



**See the link below with  
instructions on how to get  
moving & playing these games!**

Yoga

Simon says

Human connect 4

Scooter swimming

Walking club

Indoor Fooseball

Cross the river game

Fitness Bingo

[HTTPS://WWW.TEACHINGEXPERTISE.COM/CLASSROOM-IDEAS/INDOOR-  
PHYSICAL-EDUCATION-ACTIVITY/](https://www.teachingexpertise.com/classroom-ideas/indoor-physical-education-activity/)

# 7 BENEFITS OF INDOOR PHYSICAL ACTIVITY FOR CHILDREN



1. Indoor exercise enhances physical Development by improving their motor skills, encouraging physical fitness, and promoting healthy habits.

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2. Indoor Playgrounds Boost Cognitive Development.

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3. Indoor Playgrounds Provide Social Interaction

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4. Kids Strengthen Their Well-Being Through Indoor Play

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5. Indoor Play Offers Intellectual Stimulation.

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6. Indoor Playgrounds Offer All-Weather Engagement.

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7. Playing Indoors Facilitates Parent-Child Bonding.

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**Indoor play is a valuable and beneficial form of play for children that enhances their development and well-being in various ways. It offers several benefits, such as physical development, cognitive growth, social interaction, emotional well-being, intellectual stimulation, all-weather engagement, and parent-child bonding.**

FOR MORE INFORMATION VISIT:

<https://www.liggettville.com/liggettville-news/7-benefits-of-indoor-play-for-children>

# PHYSICAL ACTIVITY VIDEOS

## PHYSICAL ACTIVITY FOR KIDS

C

## WORKING OUT TOGETHER

C

## BRAIN BREAK ACTIVITIES

C

## YOGA & MEDITATION FOR KIDS

C

## LIGHT PHYSICAL ACTIVITY FOR KIDS

C

## TRUE OR FALSE PHYSICAL ACTIVITY

C

# INDOOR PHYSICAL ACTIVITY RESOURCES

[Physical Activity Guidelines for Americans 2nd edition](#)

[How much physical activity do children need?](#)

[Indoor Physical Activity Ideas for Kids!](#)

[7 Benefits of Indoor Play for Children](#)

[Why Indoor Activities Or Games Are Important For Kids](#)

[26 Indoor Physical Education Activities To Get Little Learners Moving](#)

