

**Madison School District  
Online Physical Activity & Nutrition Resource Links for  
Parents & Teachers**



*Created by the 2018-2019 District Wellness Committee  
Updated on January 9th, 2019*

# Physical Activity Links for Parents:

- **Go Noodle**

Get your kids moving with go noodle activities. This is such a fun, interactive way to get the kids moving... best of all it can take as little time as you need.

<https://www.gonoodle.com/>

- **Bam! Body and Mind**

This website is geared for kids and features a physical activity section that includes free activity cards explaining a variety of sports and games.

<https://www.cdc.gov/bam/>

- **Disney Try It! Activities**

This site promotes a youth fitness initiative that empowers kids ages 7 to 12 to get fit and remain physically active. Try It! encourages youth to develop games that can be played with traditional and non-traditional materials, and in a wide range of settings. This site features kid-created games and innovative low-cost equipment ideas. It also provides information on conventional activities such as stretching, yoga and jump rope.

Information can be downloaded for free.

<http://citizenship.disney.com/try-it/activities>

- **American Council on Exercise (ACE)**

ACE is a non-profit fitness certification and education provider. The website contains a wealth of information and with downloadable "Fit Facts" to promote physical activity in any setting.

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

# Physical Activity Links for Teachers:

- **10 Simple Activities to Encourage Physical Activity in the Classroom**  
[http://www.yourtherapysource.com/files/10\\_simple\\_activities\\_classroom.pdf](http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf)
- **Fuel Up to Play 60**  
Created by the National Association for Sport and Physical Education (NASPE) and Fuel Up to Play 60, is designed to help physical education teachers integrate nutrition concepts into their teaching routines.  
[https://www.fueluptoplay60.com/tools#tab\\_why-physical-activity](https://www.fueluptoplay60.com/tools#tab_why-physical-activity)
- **Jam School Program**  
Free videos that educators are using to bring health education and physical activity into the school environment.  
<https://vimeo.com/hetjam>
- **Go Noodle**  
Get your kids moving with go noodle activities. This is such a fun, interactive way to get the kids moving... best of all it can take as little time as you need.  
<https://www.gonoodle.com/>
- **Shape America**  
SHAPE America is committed to empowering all children to lead healthy and active lives through effective health and physical education programs.  
<https://www.shapeamerica.org/explorePA.aspx?hkey=57c04cf8-d56e-4872-a9e9-ed33eb9cfd46>
- **Classroom Energizer Teacher Training Workshop – University of Minnesota Extension**  
K-5 classroom based activities that integrate 10 minute physical activity breaks with academic concepts to reinforce classroom work through movement.  
<https://sites.google.com/a/umn.edu/classroom-energizers/home>
- **Balanced Energy Physical Activity Toolkit - Oregon State University Extension**  
Integrates physical activity and nutrition concepts through education and activity.  
<https://extension.oregonstate.edu/bepa>

# Physical Activity Links for Teachers

## cont.:

- **North Carolina ENERGIZERS**

Energizers are classroom-based physical activities that integrate physical activity with academic concepts. These are short (about 10 minute) activities that teachers can use to incorporate PA into the classroom.

[www.eatsmartmovemorenc.com/School.html](http://www.eatsmartmovemorenc.com/School.html)

- **Bam! Body and Mind**

This website is geared for kids and features a physical activity section that includes free activity cards explaining a variety of sports and games.

<https://www.cdc.gov/bam/teachers/index.html>

- **P.E. Central**

P.E. Central has an extensive database of physical activity lessons and games. The ability to search activities by age group and type makes the site particularly useful.

<http://www.pecentral.org/climate/disciplinelis.asp>

- **Active Academics**

This website catalogs academic lessons that include PA aspects. The academic lessons address pre-kindergarten through fifth grade. Activity areas include; movement integrated in active learning, classroom energizers, recess and unstructured outdoor play and activities for large and small areas. Activities are designed around Common Core Standards. Use the “Search Activity Ideas” to search for specific classroom energizers!

<http://www.activeacademics.org/?pid=48&tips-for-using>

# Nutrition Links for Parents & Teachers:

## **Healthy Recipes**

<https://www.azhealthzone.org/recipes>

<https://recipes.heart.org/>

## **Healthy Snack Options**

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/snacksf3b.pdf>

<https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/healthy-snacks-quick-tips-for-parents>

## **Action for Healthy Kids**

<http://www.actionforhealthykids.org/tools-for-schools/game-on>

## **Nutrition.gov**

USDA-sponsored website that offers credible information to help you make healthful eating choices.

<https://www.nutrition.gov/>

## **AZ Health Zone**

Arizona program with statewide partners that include health departments, the University of Arizona, Native American tribes, school districts, food banks, and non-profit agencies.

<https://www.azhealthzone.org/nutrition/healthy-eating>

## **Arizona Dairy Council**

<https://www.nationaldairycouncil.org/our-story/local-dairy-council/arizona>

## **Arizona Academy of Nutrition and Dietetics**

<https://www.eatrightarizona.org/>

## **Ellyn Satter Institute**

Ellyn Satter, RD, MS, MSSW, is a registered dietitian and family therapist. She is directly involved with ESI's leadership with providing feeding dynamics and eating competence based education, advocacy, research, and support for wise and healthy eating and feeding.

<https://www.ellynsatterinstitute.org/>

## **HealthyChildren.org**

Backed by 67,000 pediatricians and is committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

<https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/default.aspx>

## **Healthy Eating**

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/daily-tips-to-help-your-family-eat-better>

## **Picky Eating Tips**

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/5-tips-to-deal-with-picky-eaters-both-kids-and-adults>