#COMMIT2TEN

toolkit

Resources and tools to help you get kids moving for 10 more minutes every day
Today, American children are moving less and are not getting the recommended 60 minutes of daily physical activity. Sadly, 15 percent of kids report getting no physical activity at all. It’s no coincidence that while kids are spending less time being physically active, they are spending more time being sedentary. The average American child gets nearly 3 hours of recreational screen time a day!

**IT’S TIME TO MOVE.**
In celebration of the Alliance’s 10-year anniversary this September we are launching our #Commit2Ten campaign and challenging the nation to get an additional 10 minutes of physical activity a day.

**JOIN US IN MOVING MORE.**
Your schools and out-of-school time sites are an integral part of the environment that shapes the healthy lifestyles our kids are developing. That’s why we wanted to give you more time and resources to create sustainable changes to increase physical activity all year-round.
Thank you, Highmark Foundation, for your generous support of #commit2ten and for your dedication to children’s health.

The Highmark Foundation is pleased to partner with the Alliance for a Healthier Generation for the #Commit2Ten campaign. Childhood obesity is a major public health concern for our region, and the nation. The Highmark Foundation continues to fund and partner with school and community-based programs that directly impact this issue and bring about positive change for children’s physical and mental well-being.

Schools can be one of the most effective places to promote health and wellness, so the Foundation developed the “Creating a Healthy School Environment” grant program, awarding grants to schools and districts so they can implement programs to combat obesity and bring a focus to health. Since 2013, the Highmark Foundation has awarded more than $1.2 million through the “Creating a Healthy School Environment” program to 230 schools in Pennsylvania and West Virginia.

For more information about the Highmark Foundation, go to highmarkfoundation.org.
10 WAYS TO #Commit2Ten

1. **DANCE TO 10**
   Every morning at your school or before your out-of-school time program begins, play a soundtrack of upbeat music for the 10 minutes right before classes or programming gets started. Encourage your kids to use those 10 minutes to dance to wherever they are going. The key is making the music fairly loud and using songs that are kid-friendly and fun to dance to.
   *Modified from SHAPE*

2. **TABATA TO 10**
   Tabata is traditionally a high intensity circuit workout, but you can modify it to work for your kids and your space. The key is choosing 10 exercises that are fun and easy to repeat. For example: shadow boxing, high knees or invisible jump rope. For the activity, go through your complete set of 10 exercises, performing each exercise for 10 seconds and then break for 10 seconds.
   *Modified from SHAPE*

3. **COUNT TO 10**
   Count to 10 is four corners with a twist. Set up to play four corners as you usually would. Designate four corners in your space, labeling them 1-4. Select one player to start, who will count to 10 in the middle of the space. All the other kids should move quietly from corner to corner until the counter gets to 10. The counter then selects one of the corners. Everyone who is in that corner is now out. Here is the twist. Instead of having students sit down, they now join the counter in the middle of the classroom and do a physical activity (jumping jacks, pushups, squats, etc.) during the countdown.

4. **JUMP TO 10**
   Designate an open area free of obstacles where kids can move freely. Play music through a sound system or radio. While the music is going, tell the kids to start dancing until the music stops, at which point they should freeze until the music starts again.
   *Modified from Playworks*
STRETCH TO 10
Before you begin your class or programming, and especially before a test or period of time when kids should be very attentive, add 10 minutes of calming activity with stretching. Go through a series of 10 stretches, performing each stretch for 1 minute (or 30 seconds if you need to do both sides of the body). As the instructor, you can demonstrate the stretches or give the kids a chance to choose which stretches they would like to do that day.

READ TO 10
Read a book, a particularly active book, to kids for 10 minutes. As you are reading, your kids should be standing up and listening intently to the story. Every time you read a fun verb such as jump, swim or dive, have the kids act it out until you get to the next verb.

MODIFIED FROM **Eat Smart, Move More NC!**

POSE TO 10
Before, during or after your class or programming, give kids a chance to refocus with simple yoga poses that will get them up and moving just enough to pay attention once they sit back down. Use our Fit for a Healthier Generation video series to follow along with fitness expert Tara Stiles for easy and engaging yoga breaks.

**Fit for a Healthier Generation Videos**

PASS TO 10
Gather your kids into a circle and explain to them that for the next 10 minutes they will be moving, but they will each have an opportunity to decide how they move. Choose someone to start off the activity. Tell this person to do any movement they like including pretending to do an activity like snowboarding or playing baseball. Once this person starts their activity, the rest of the group imitates the move with their own flare. After 10 seconds, the move passes to the next person in the circle who then gets to choose his or her own activity.

DRAW TO 10
Download our Alliance Fitness Cards and cut out each individual activity. Let every kids in your group draw from the deck of cards and let them know they are to become the master of that activity by reading the instructions on the card. After they are familiar with the activity, let each student lead their activity for 10 reps.

REFLECT TO 10
After class or daily programming, set aside 10 minutes for active reflection time. Break your group into pairs and explain to kids that they will go on a 10 minute cool down walk to discuss the day’s content and reflect. You can send them off with several prompts like: Share at least one thing you remember from class or share something new you learned today. As they return, let them each share one nugget of information they reflected on.

**Fit for a Healthier Generation Videos**
#COMMIT2TEN: 

**Physical Education**

Less than half of high school students attend physical education class weekly and only one-third of high school students attend physical education class daily.

Physical education teaches motor skills, exercise and the benefits of physical activity. Quality physical education programs give students skills to remain active for a lifetime.
**PRO TIP:**

**GET STUDENTS’ ATTENTION**

**Whistle Groups:** Start by getting students moving in a specified activity. After a few moments, blow your whistle, and put up a number on your fingers (say three). Students must now gather in groups of three in 10 seconds to “beat the clock.” If someone doesn’t immediately have a group, he or she runs to the middle and yells, “Help! Help!” while waving his or her arms. A group with fewer than your specified number should reach out and save him/her by including him/her in their group. Groups are only able to sit when they have the correct number of students. When you have less than the required number of students in the middle, they become their own group.

You can even add that “power groups” include boys and girls. Students will be ready to receive instruction after this quick exercise.

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**KEEP INSTRUCTIONS BRIEF & CONCISE**

- **80/20 Rule:** If instructions are short and concise before students are sent out to play, 80% of students will start right away. The 20% of students who don’t understand the instructions will soon see what they need to do as they watch other students play.
- **No Questions:** Avoid answering questions before activities begin. Questions can be addressed more timely and effectively after activities are started.
- **“When” before “What”:** Instead of explaining what to do, tell students when to do it. For example, “When I say go, find a personal space within the boundaries.”

*Above Tips Shared from SPARK*

**MODIFY ACTIVITIES TO:**

- Level playing field
- Allow for all to participate
- Keep more skilled students from dominating

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**CONCEPTS TO KEEP AROUND**

- Promote a comfortable atmosphere
- Be approachable
- Avoid sarcasm
- Incorporate stations
- Teach a variety of activities
- Set goals with students
- Give positive feedback while observing activities
- Check for understanding by asking questions
- Focus on struggling students’ comfort levels
#COMMIT2TEN: Active Spaces

Physical activity improves attention, concentration, attendance and of course, a child’s health. Whether free, unstructured play or intentional movement, physical activity plays a critical role in a child’s cognitive development and academic success.
START WITH AN INSTANT ACTIVITY

Use the Alliance Task Cards to involve students in physical activity as they enter the classroom or activity space. You can color code the cards or use stickers as a way to organize students into groups for the main part of the lesson.

RECHARGE WITH AN ACTIVITY BURST

Adding quick bursts of physical activity during classroom or programming time can keep students alert and focused on subject matter. Use two or three Brain Breaks from Go Noodle every day to keep students engaged.

FOLLOW ALONG WITH FITNESS EXPERTS

Fitness experts like Billy Blanks, Zumba, Bob Harper and Tara Stiles have worked with the Alliance to create a series of three to five minute videos that get kids up and moving any time. Play a Fit for a Healthier Generation Video to add several extra minutes of physical activity.

TEACH WITH MOVEMENT

Incorporate physical activity into your subject areas with these three great active learning tools:

- Active Academics
- Elementary School Energizers
- Middle School Energizers

PRO TIP: VARIETY KEEPS KIDS MOVING

Provide youth options and variety to keep them engaged and excited to participate in physical activity. Check out ideas from our friends below:

- Healthy Kids Hub
- SHAPE America
- Just Run
- Playworks

Join the movement today at commit2ten.org
#COMMIT2TEN: Active Learning

Research shows that physical activity leads to improved academic performance and improved concentration. Combining learning and movement can increase physical activity while also improving concentration and attention. Create an environment that supports active kids and active minds.
PRO TIP: LEARN THE CAPITALS WHILE GETTING FIT

1. Build a list of custom-made activities that students can associate with state capitals by working together to match the first letter of each capital with the first letter of an activity (example: Sacramento Squats or Jackson Jumping Jacks).

2. Have students write state names and activities on the back of blank index cards to create a custom deck of cards for your group.

3. Place the state cards in one area and the activity cards in another. Then it’s a game of matching capitals with their states, and states with their capitals. When students pick a state card, everyone performs the activity that corresponds with its capital. When students pick an activity card, everyone performs the activity while calling out the capital with their activity as a hint.

Join the movement today at commit2ten.org
Recess provides children with the opportunity for regular periods of unstructured play at school. It’s a major contributor to a child’s daily physical activity and provides a mental break for kids to recharge and prepare for learning.
ADD A TOUCH OF STRUCTURE WITH OPTIONS
Recess is unstructured play time, but we can still provide an array of games and activities for students to choose from. Giving students a variety of activities to choose from can keep them engaged as well as reduce behavior issues.

ENCOURAGE ACTIVITY WITH EQUIPMENT
Providing inexpensive playground equipment encourages students to be more active. Introduce sports equipment during recess, such as tennis balls, jump ropes, Frisbees, beanbags and hula-hoops.

DESIGNATE SPACES
Creating spaces for kids to participate in specific games can spark activity. Painting playground surfaces with lines for recreation games like four square or hopscotch increases a child’s physical activity during daily recess.

TRAIN SUPERVISORS
The adults who are in charge of supervising students during recess time should have the proper training to ensure students are playing safely, in addition to have the necessary training to teach new activities and interact with students to increase movement.

Join the movement today at commit2ten.org
Healthy employees are more productive, have more energy and better manage stress.

Employee wellness programs can keep your staff healthy, decrease sick days, lower insurance costs, and increase employee retention. Healthy employees are just as important as healthy students, especially in their ability to be a healthy role model for students.
HOST HEALTHY STAFF MEETINGS

Many of the hours we spend at work, are spent in meetings and conferences. Try to make every meeting during the month of September healthy and productive with some additional physical activity. Try the National Alliance for Nutrition and Activity’s Healthy Meeting Toolkit.

GIVE STAFF SIMPLE IDEAS TO MOVE

Making time to move during the work day is a first step. The second step is understanding which physical activities can easily be performed by your desk or in your office. Pass out our Staff Fitness Cards, to give staff simple step-by-step instructions to move more during the work day.

CREATE INFRASTRUCTURE FOR MOVEMENT

Encouraging staff to make time for physical activity on top of all the things they are already trying to accomplish during the day is a big ask. Working physical activity into the flow of the day makes it more convenient and realistic to meet wellness goals. Use the month of September to implement the physical activity ideas in Kaiser Permanente’s School Employee Wellness kit.

Join the movement today at commit2ten.org
The ideas in this toolkit can give you a great start to incorporate more physical activity into your child’s days. There are plenty more ideas where those came from! Join our programs to access free guidance, resources and tools to sustain your healthy changes!

Tens of thousands of schools and out-of-school time sites around the country are using our programs to follow our evidence-based frameworks to create sustainable healthy environments where students can learn better and flourish.

**Start or join your school/site’s team today!**

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**HEALTHY SCHOOLS PROGRAM**
Schools.HealthierGeneration.org

**HEALTHY OUT-OF-SCHOOL TIME INITIATIVE**
Host.HealthierGeneration.org