

Teacher name: \_\_\_\_\_

Goal creation date: \_\_\_\_\_

Start date (if different): \_\_\_\_\_

## Action Plan for Increasing Classroom Physical Activity

*Offering students opportunities to be physically active in the classroom has the potential to benefit students' behavior, preparedness to learn, academic performance, and health. To engage students in activity, it is the responsibility of the classroom teacher to determine how best to incorporate movement into the curriculum. You are the expert on your class! Consider your classroom, your teaching style, your students, current levels of classroom physical activity, and reasonable expectations for increasing activity opportunities. Change can be difficult, so start small, expect setbacks, and stick with it! Use this form to create an action plan for increasing classroom physical activity that will provide structure to your implementation.*

1. What is the current status of physical activity in your classroom? What about your classroom space or student strengths/limitations should be taken into account when planning activity opportunities?

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2. Reflect on when a reset moment might benefit you and your students. Is there a time of day when students seem particularly fidgety? When you feel consistently impatient? When a reset would help?

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3. What is your goal? (type, length, frequency, timeframe)

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4. What are the steps to achieving this goal? (preparation, materials, etc.)

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5. How will you assess your progress?

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6. How will you stay accountable to your goal?

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7. How will you evaluate your goal completion? After evaluation, how will you maintain or expand classroom physical activity opportunities?

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