



ACTION FOR
HEALTHY
KIDS 

AFHK School Health Index

Common Challenges and Actions to Advance Your Score!

-
- Students not active at least 50% of class time
 - Lack of availability of physical activity breaks
 - Lack of recess or used as punishment
 - Lack of family engagement in physical activity



Actions to Advance Your Score

- » **Use the Comprehensive School Physical Activity Program (CSPAP) model to help guide your areas of focus and join the Active Schools Movement.**
 - Resource: [Comprehensive School Physical Activity Programs \(CSPAP\)](#) (Action for Healthy Kids)
 - Resource: [Join the Movement - News and Resources](#) (Active Schools)

- » **Increase classroom physical activity by integrating movement into lessons.**
 - Resource: [Active Learning Opportunities](#) (Action for Healthy Kids)

- » **Prioritize unstructured free time for children during the day and explore alternatives to denying or using physical activity as punishment.**
 - Resource: [Make Time to Play Today](#) (Action for Healthy Kids)
 - Resource: [Alternatives to Withholding Recess as Punishment](#) (Action for Healthy Kids)

- » **Invite families to lead activities or before/after school initiatives that promote physical activity.**
 - Resource: See “Family and Community Engagement” in CSPAP resource above



Start small & celebrate success along the way!

Next Steps

- » If you haven't already, gather or build your team.
 - Resource: <https://www.actionforhealthykids.org/step-1/>
- » Complete the School Health Index in the Action for Healthy Kids School Portal with your school health team.
 - Resource: <https://www.actionforhealthykids.org/school-health-index/>
- » Use your results to develop an action plan. Identify strengths to build off and focus in on your areas of opportunity.
 - Resource: <https://www.actionforhealthykids.org/step-3/>

Resources and Support

- Digital Tools and Resources
 - Healthy Kids Blog
 - Events and Learning Opportunities
- ... and more!

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!





We are here to support you!

Reach out to contactus@actionforhealthykids.org for support!