

Component 2: Physical Activity During School

Audio Descriptive Text

Title: Chapter 3. Comprehensive School Physical Activity Programs; Component 2: Physical Activity During School. Graphic of multi-component approach showing 60 minutes encompassing Staff Involvement, Physical Activity During School, Physical Education, Physical Activity Before and After School, and Family and Community Engagement, with emphasis on Physical Activity. Highlight Physical Activity During School image. Active Child icon.

Video Summary

- Schools can offer physical activity in a variety of settings during the school day.
- Students can participate in physical activity by active recess and integration into classroom lessons.
- Physical activity breaks, physical activity clubs, and intramural programs can also incorporate physical education in and outside the classroom.

Audio Script

In addition to physical education, schools can offer physical activity in a variety of settings during the school day.

The main ways students can participate in physical activity *during* the school day are:

- Active recess
- Physical activity integrated into classroom lessons
- Physical activity breaks in and outside the classroom
- Lunchtime physical activity clubs or intramural programs