



WHAT CAN SCHOOLS DO

to support students' health from head to heart?

Schools play a pivotal role in SC FitnessGram by providing a structured environment where physical fitness assessments are administered to students by physical activity experts, the Physical Education (PE) teachers. Schools can use SC FitnessGram data and promote a physical activity before, during and after school to support the well-being of students and promote healthy, lifelong habits. Use the following ideas to prioritize physical activity.



Tailor PE Program.

Implement FitnessGram testing to assess students' health-related fitness and identify areas for improvement. Use results to address PE standards and help students set fitness goals to improve health.



Empower Students.

Help students create and monitor fitness goals using their FitnessGram data. Taking ownership of their health will allow students to become more physically literate and help them understand the importance of lifelong fitness.



Increase Physical Activity.

In addition to PE and recess, provide daily physical activity for students and staff before, during and after school. PE and classroom teachers can work together to support movement and learning by sharing lesson plans and resources.



Provide Education & Awareness.

Share fitness reports and information about the importance of regular physical activity with families. Share resources of how and where to be active together at home and in the community.



Develop Policies.

Use FitnessGram data to inform and advocate for district policies that promote physical activity, healthy lifestyles and quality PE programs such as your local wellness policy (Code ADF) and the Open Community Use of School Recreational Areas policy (Code KFA).



Collaborate with the Community.

Collaborate with community partners, such as organizations, health coalitions, or recreation departments to bring physical activity programs and resources to your campus.

For Superintendents

- ✓ Ensure District Wellness Committee is using SC FitnessGram data to inform wellness policy decisions.
- ✓ Increase opportunities for daily physical activity before, during and after school.
- ✓ Provide professional development on physical activity and overall well-being to all teachers, not just PE teachers.
- ✓ Make physical education a requirement for students in your district. Don't allow it to become an elective.

“ We're not just trying to create a knowledge base, we are trying to create habits that last a lifetime. ”

Dr. Harrison Goodwin, Kershaw County School District Superintendent

For School Administrators

- ✓ **Be seen in physical education classes.** Share your enthusiasm for physical activity with the students.
- ✓ **Fully support your PE teachers** by addressing their needs and ensuring they have adequate supplies to teach their classes.
- ✓ **Ensure your school is using FitnessGram** software and sharing individual results with students and their caregivers.
- ✓ **Increase opportunities for daily physical activity** before, during and after school for students and staff.

For Teachers

- ✓ **Collaborate.** PE teachers and general education teachers should work together to integrate physical activity in all classrooms.
- ✓ **Increase physical activity beyond the PE classroom.** Physical activity doesn't just occur during PE and recess. Add movement to morning announcements, lesson plans, class transitions, etc.
- ✓ **Include health & wellness during staff meetings.** Make it a standing agenda item to share resources and discuss ideas that support a school culture of health.
- ✓ **Work with your Parent Teacher Organization** to incorporate physical activity into events on campus.

Other ideas for schools:

Have your **School Improvement Council** prioritize students' fitness by including physical activity measures in its School Improvement Plan.

Include physical activity during **school events** such as parent engagement nights and fundraisers.

Respect and value the space and time allotted for PE and other physical activity opportunities.



Join the movement to support students' health from head to heart: scdhec.gov/fitnessgram