



LET'S MOVE

GENESEE COUNTY SCHOOLS

RESOURCES FOR AN ACTIVE CLASSROOM

2020-2021 RESOURCES FOR AN ACTIVE CLASSROOM, BOTH VIRTUAL & IN-PERSON, DURING THE COVID-19 PANDEMIC



WHAT'S INSIDE

Physical Activity Resources for
in the Classroom

Resources for Families Outside
of the Classroom

How to Encourage Being
Active During a Pandemic



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VERSION

WHY YOU SHOULD PROMOTE BEING ACTIVE IN THE CLASSROOM

Countless research studies have shown that children who are more active during the day have improved concentration levels, reductions in disruptive behavior, and higher grades overall. But even with these benefits, incorporating physical activity can be a challenge in the classroom, especially given the COVID-19 Pandemic.

Being an active and healthy adult begins early, and helping kids to understand the importance of a healthy lifestyle during difficult and unusual times can help develop healthy habits that will last a lifetime.

This toolkit, designed in partnership with stakeholders from across Genesee County, was created to help teachers, schools, and families help keep kids active during difficult times.





PHYSICAL ACTIVITY RESOURCES FOR IN THE CLASSROOM

The classroom this year looks different for most, but no matter where school takes place (in the classroom, virtually, or a combination of both!), making sure that kids have the opportunity be active and engage with each other in a safe way will help children to feel connected, engaged, and energized for learning! Check out some of these tips and free resources to incorporate activity into your classroom!

- [Physical Activity & Active Play Resources](#)
- [Staying Active in a Virtual Classroom Resources](#)
- [Classroom Energizers & Brain Breaks](#)
- [GoNoodle Videos & Games](#)
- [Physical Activity Checkoff List](#)
- [Yoga for Kids](#)
- [FitBoost Activities](#)
- [Playworks Game Library](#)
- [Playworks Play at Home Gamebook](#)
- [Socially Distanced or Virtual Activity Games](#)



PHYSICAL ACTIVITY RESOURCES FOR FAMILIES

If your child is learning virtually, you may be wondering how you can help your child to be more active while they are home all day. Below we have collected a ton of our favorite videos, games, and other resources that you can use as a family to have fun and be more active during this school year!

- [Game On Activity Library](#)
 - [Outdoor Exploration Activities](#)
 - [Nature Learning Activities](#)
 - [Genesee County Park Trail Guide](#)
- [Family Fun Activity Resource Guide](#)
- [Recess at Home](#)
- [Healthy Activities to Do at Home](#)
- [Resources for Limiting Screen Time](#)
- [YMCA 360 Online Free Exercise Videos](#)
- [My Activity Tracker Log](#)
- [FitBoost Activities](#)
- [At Home Activity Resource Guide](#)
- [Play at Home Playbook](#)

GENESEE COUNTY SCHOOLS PHYSICAL ACTIVITY CHALLENGES

Each March, Commit to Fit! in partnership with Genesee County Schools hosts the Active Schools Challenge, a physical activity challenge focused on encouraging schools to promote physical activity both in and out of the classroom. This March we will still be hosting the Active Schools Challenge but are also offering all Genesee County Schools the opportunity to host a free physical activity challenge between classrooms, grades, buildings, districts, and more, starting now!



CHALLENGES FOR YOUR SCHOOL

**CREATING FREE & EASY OPPORTUNITIES
FOR FRIENDLY COMPETITION**



Interested in hosting a free challenge just for your classroom, school, or district? Contact Commit to Fit! staff to learn about available challenges such as steps taken per day, minutes of activity, servings of fruits and veggies consumed, minutes of mindfulness practiced, and more!

Each challenge can be hosted virtually and have the opportunity to have different goals. All students who meet the set goal will be entered in a contest to win various prizes!



**Email commit2fit@flint.org or call
810.232.2228 to get started today!**