**MODULE 1: RECESS**

* Playworks, Indoor Recess: <https://www.playworks.org/resource_tag/indoor-recess/>
* Playworks, #PlayAtHome: <https://www.playworks.org/news/playathome-with-playworks/>
* CDC Recess Planning Guide: <https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessplanning_508.pdf>
* Strategies for Recess in Schools: <https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf>
* Recess Planning In Schools – A Guide to Putting Strategies for Recess into Practice: <https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessplanning_508.pdf>
* American Academy of Pediatrics: <https://pediatrics.aappublications.org/content/pediatrics/131/1/183.full.pdf>
* Centers for Disease Control and Prevention and SHAPE America: <https://www.shapeamerica.org/standards/guidelines/strategies_for_recess_in_schools.aspx?hkey=5a588845-900b-40e7-89bc-290557cf0c20>
* Action for Healthy Kids: <https://www.actionforhealthykids.org/wp-content/uploads/2019/11/TS_Recess_v3.pdf>
* Centers for Disease Control and Prevention: <https://www.cdc.gov/healthyschools/physicalactivity/recess.htm>
* Playworks Game Library: <https://www.playworks.org/game-library/>
* CDC CSPAP: <https://www.cdc.gov/healthyschools/professional_development/e-learning/cspap.html>
* CDC CSPAP Guide: <https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf>

**MODULE 2: CLASSROOM PHYSICAL ACTIVITY**

* Crazy 8’s Energizer – Springboard to Active Schools Video (1 min. 39 sec.):
<https://www.youtube.com/watch?v=QKhEcFKuNmw>
* Up Down, Stop, Go - Springboard to Active Schools Video (1 min. 30 sec.): <https://www.youtube.com/watch?v=qtaRvCvvLOY>
* Integrating Movement into Your Math Lesson Webinar Recording (1/2 hour): <https://schoolspringboard.org/resources/webinar-integrating-movement-into-your-math-lessons/>
* Integrating Movement into Your Language Arts, Science, and Social Studies Lessons Webinar Recording (1/2 hour): <https://schoolspringboard.org/resources/webinar-integrating-movement-into-your-language-arts-science-and-social-studies-lessons/>
* Strategies for Classroom Activity in Schools: This CDC document describes 10 evidence-based strategies for promoting and planning for classroom physical activity. <https://www.cdc.gov/healthyschools/physicalactivity/pdf/2019_04_25_Strategies-for-CPA_508tagged.pdf>
* Playworks SEL Game Guide: This game guide will teach kids social and emotional skills to practice in a classroom, gym, or outside. The skills chosen were developed by well-known SEL frameworks and the on-the-ground impact seen across schools around the country: <https://www.playworks.org/resources/get-the-sel-game-guide/>
* Exploring Empathy Through Physical Activity: Tips on supporting better communication and conflict resolution and building relationships rooted in trust. <https://www.actionforhealthykids.org/activity/exploring-empathy-with-physical-activity/>
* Classroom Physical Activity Ideas & Tips: Tips for teachers on how to effectively engage students in active learning and printable sheets of easy-to-use and adaptable activity/energizer cards for different grade levels and learning settings (in-person vs. virtual): <https://schoolspringboard.org/resources/classroom-physical-activity-ideas-and-tips/>

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>

* Erika’s Lighthouse: A suite of programs designed to allow educators to empower teens with an introduction to mental health, depression-literacy, help-seeking and what it takes to promote good mental health. Focused on grades 4-12. <https://www.erikaslighthouse.org/>

**MODULE 3: COMMUNICATING SUCCESS**

* Physical Activity in the Classroom: <https://www.cdc.gov/healthyschools/physicalactivity/pdf/17_278143-A_PE-PA-Framework_508.pdf>
* Every Kid Healthy Week: <http://everykidhealthyweek.org/>
* Playworks Game Library: <https://www.playworks.org/game-library/>
* Creating a wellness committee: <https://www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness_employee_physical_activity_needs.pdf>
* Take a Break Guide: <http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>

**INDIANA DEPARTMENT OF HEALTH, DIVISION OF PHYSICAL ACTIVITY CONTACT INFORMATION**

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IDOH, DNPA webpage: <https://www.in.gov/health/dnpa/>

CSPAP #1 Presentation (1 hour): <https://www.youtube.com/watch?v=CIK6mFPB_CA>