



Promotional Toolkit

Springboard COVID-19 Classroom Physical Activity Resources

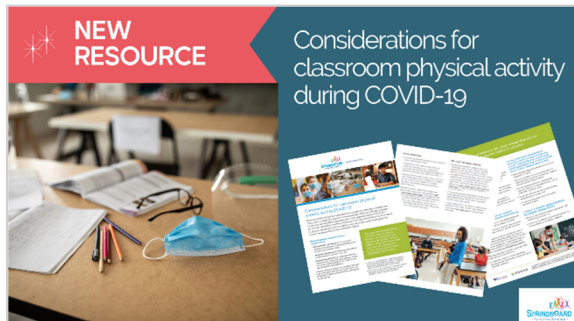
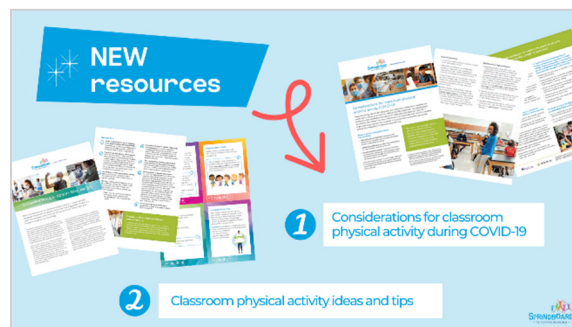
While the pandemic has shifted how schools operate, schools still play a critical role in supporting the whole child. Incorporating activity into learning helps students manage feelings of anxiety and social isolation, improve concentration and motivation, and reduce sedentary time, while also benefiting their academic performance. During COVID-19, teachers are faced with unique challenges of engaging students in a virtual environment and/or while being physically distanced and behind a mask. Incorporating movement into the school day is a simple strategy to achieve engagement, connectedness, and community, no matter the learning environment.

Springboard to Active Schools has developed two new resources to help teachers and caregivers easily integrate physical activity with a safety, inclusion, and equity lens in different learning settings:

1. [Considerations for Classroom Physical Activity during COVID-19](#). This resource provides district and school administrators, teachers, and parents/caregivers and families with practical ideas and considerations to safely and equitably incorporate physical activity into the school day in order to promote a culture of active engagement and learning.
2. [Classroom Physical Activity Ideas and 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 or virtual).

GRAPHICS

Consider using the following images with your communication – click on each image to download:





SOCIAL MEDIA OPPORTUNITIES

Help share the new resources on your social media channels. Use the sample social media posts below or share in your own voice.

You can find our online presence here:

- *Twitter:* [@Springboard2AS](https://twitter.com/Springboard2AS)
- *Pinterest:* [Springboard to Active Schools](https://www.pinterest.com/SpringboardtoActiveSchools/)
- *Website:* <https://schoolspringboard.org>

General

NEW resources from @Springboard2AS with practical ideas & considerations to safely and equitably incorporate classroom physical activity to promote a culture of #activelearning and engagement during #COVID19 → <https://bit.ly/3jnuM2o> #brainbooster

Practical Ideas/Tips Resource

Did you know that physical activity during the school day can help support students' mental, social, and physical health as well as improve academic performance? Use these tips & ideas from @Springboard2AS to add #movementbreaks into your classroom → <https://bit.ly/3ntrCxz>

Looking for ways to help students feel more connected? Try these quick #energizers – they provide a fun way for students & teachers to learn more about each other while also getting some physical activity minutes in! <https://bit.ly/3ntrCxz>

With the right tools, all teachers can find ways to actively engage their students. @Springboard2AS has compiled a set of #PhysicalActivity cards along with tips on how to engage students virtually and in-person during #COVID19 → <https://bit.ly/3ntrCxz>

Considerations Resource

Even though this school year looks much different from others, it is important for schools to continue to provide opportunities for students to be physically active. Here are some considerations on how to do it safely & equitably → <https://bit.ly/2GxJFSH>

#COVID19 has brought on feelings of anxiety, isolation, trauma, and other challenging emotions. Classroom physical activity can be used as a strategy to help improve these feelings & provide fun opportunities for students to connect → <https://bit.ly/2GxJFSH>



SAMPLE NEWSLETTER, E-MAIL TEXT

We encourage you to promote these resources via your newsletters, e-mails, and blogs, if appropriate. Below is sample language for easy inclusion. Feel free to shorten or tweak as needed. Consider adding a personal or local story in your message. Share a success story – think about why classroom physical activity is important, especially during COVID-19, and how it has benefited your school and students.

Springboard to Active School Releases New Classroom Physical Activity Resources Focused on Equity and Health and Safety

In the times of COVID-19, it is more important than ever to support students in their mental, social, and physical health. Continuing to provide students with opportunities to be physically active throughout the school day is critical to the health and wellbeing of the whole child. [Springboard to Active Schools](#) has released two practical resources to help the school community integrate classroom physical activity in a safe, inclusive, and equitable way, regardless of whether school is operating in-person or virtually. The first resource, [Considerations for Classroom Physical Activity during COVID-19](#) outlines considerations to keep in mind when integrating classroom physical activity, and the second resource, [Classroom Physical Activity Ideas and Tips](#) provides easy physical activity idea cards for teachers to use to engage students and adapt for different learning settings. **Learn more [here](#).**