



Activate Your Rewards

Rewards are a way to recognize achievements and celebrate the success of each student.

Support nutrition and physical education lessons taught throughout the school and in local school wellness policies with "Active Rewards."

The Kansas School Wellness Policy Model Guidelines provides the following modeling level policy statements related to rewards:

- » *"District uses extra physical activity time as a classroom reward."*
- » *"Food is not used as a reward in district schools unless the food meets Smart Snacks in School 'All Foods Sold in Schools' Standards."*

The best policy is to offer active rewards; extra physical activity is a powerful and healthy way to recognize and celebrate each student!

Benefits

- » Active rewards promote a strong, consistent message about making healthy choices.
- » Healthy kids learn better! Active students tend to have better grades and school attendance.
- » Active students have fewer disciplinary issues, leading to fewer trips to the principal's office.
- » Physical activity positively impacts cognitive skills and attitudes, and enhances concentration and attention.
- » Active rewards promote a healthy school environment.
- » Non-food rewards protect children with food allergies, and allows everyone to participate in all aspects of a celebration.
- » Physical activity facilitates growth in interpersonal communication, problem solving, critical thinking and brain development.
- » Utilizing both aerobic and anaerobic exercise enhances physical well-being and promotes academic growth.

Ideas for Active Rewards

- » Dance party
- » Scavenger hunt
- » Open gym time
- » Parachute play
- » Extra outdoor recess time
- » Four square
- » Relay races (egg and spoon race, 3-legged race)
- » Simon Says
- » Capture the Flag
- » Red Light, Green Light
- » Hopscotch
- » Freeze tag
- » Holiday themed games
- » Earn an item such as a Frisbee, hula-hoop, jump rope, paddleball, or sidewalk chalk to take outside for recess
- » Go on a walking field trip
- » Receive a plant, seeds, and a pot to add to a classroom or outdoor garden



For more Active Reward ideas, visit www.pe-kansas.com under the Warmups/Instant Activities section for each grade level.

Additional Implementation Tips

- » Focus on fun rather than food
- » Get creative
- » Get parents/volunteers involved
- » Consult your physical education teacher for ideas, information and resources to help students stay physically active throughout the school day.

Resources

- » PE Kansas | www.pe-kansas.com
- » Society of Health and Physical Educators (SHAPE) America | <https://www.shapeamerica.org/standards/pe/>
- » Action for Healthy Kids | <http://www.actionforhealthykids.org/tools-for-schools/1249-healthy-and-active-classroom-parties>
- » Centers for Disease Control and Prevention | <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>
- » USDA MyPlate | <https://www.myplate.gov>
- » Center for Science in the Public Interest | <https://cspinet.org>
- » Kansas School Wellness Policy Model Guidelines

Questions? Call Child Nutrition & Wellness at 785-296-2276.
This project was funded using U.S. Department of Agriculture grant funds.
This institution is an equal opportunity provider.