

MOVEMENT BREAKS IN THE CLASSROOM

Movement Breaks in the Classroom is a strategy to promote physical activity during the school day by incorporating five-to-10-minute movement breaks in K-5 public elementary school classrooms.

WHAT POPULATION BENEFITS?

Children in grades K-5 attending public elementary schools.

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase students' moderate-to-vigorous physical activity levels and, in turn, promote healthy child weight.



✓ Increase in students' moderate-to-vigorous physical activity



✓ Promote healthy child weight

WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Identify and compile materials and content for training and implementation	<ul style="list-style-type: none"> Time for physical activity coordinator to identify and compile materials/content to train teachers Time for physical activity coordinator to develop a movement break library to support teachers with implementation 	Physical activity coordinator
Recruit schools and coordinate training	<ul style="list-style-type: none"> Time for physical activity coordinator to communicate and plan training activities with schools 	Physical activity coordinator
Train classroom teachers in movement breaks	<ul style="list-style-type: none"> Time for physical activity coordinator to provide training Time for classroom teachers to attend trainings 	Physical activity coordinator
Materials and equipment provided to teachers to implement movement breaks	<ul style="list-style-type: none"> Material costs 	School districts or local government

MOVEMENT BREAKS IN THE CLASSROOM *(continued)*

FOR ADDITIONAL INFORMATION

The Community Preventive Services Task Force. Physical Activity: Classroom-based Physical Activity Break Interventions. *The Community Guide*. 2021:8. Available at: <https://www.thecommunityguide.org/findings/physical-activity-classroom-based-physical-activity-break-interventions>

Selected CHOICES research brief including cost-effectiveness metrics:

Carter J, Greene J, Neeraja S, Bovenzi, M, Sabir M, Carter S, Bolton AA, Barrett JL, Reiner JR, Cradock AL. *Boston, MA: Movement Breaks in the Classroom* {Issue Brief}. Boston Public Schools, Boston Public Health Commission, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; August 2022. Available at: <https://choicesproject.org/publications/brief-movement-breaks-boston>

✓ Browse more CHOICES research briefs & reports [here](#).

SUGGESTED CITATION

CHOICES Strategy Profile: Movement Breaks in the Classroom. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; October 2022.



Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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