

AKTIIVINEN KOULUPÄIVÄ nettilinkkejä

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Active Academics Learning on the Move!

The screenshot shows the Active Academics website interface. At the top, the logo reads "Active Academics® Learning on the Move!". Below the logo is a navigation bar with links for "Register / Log In", "Materials & Equipment", "AA Featured", and "Research & Resources". A search box is prominently displayed on the right, with filters for "Grade Level" (Set to "Select All") and "Content Area" (Set to "Select All"), and a "Find Activity Ideas" button. Below the search box is a "Submit an Activity Idea" button. On the left side, there are several informational boxes: "This site uses COMMON CORE STATE STANDARDS INITIATIVE www.corestandards.org", "National Standards", "Tips for using Active Academics® click here", and "faq's". A disclaimer states: "Disclaimer: Active Academics® is intended solely as a way to share physical activity ideas with teachers in the school setting. eLearning for Kids, Inc. and Active Academics® as well as the editors cannot be held responsible for improper implementation in the movement setting, including the provisions for a safe and appropriate movement environment." Below the disclaimer is a table of activity ideas.

Activity Space	Title	Grade Level	Content Area(s)	Views
BIG PLAY AREA	123 Preschool Dribbling	Pre-K	Recess/Lunch Break	63

<http://www.activeacademics.org/default.asp?pid=1>

Kuin "suunnittele liikuntaa" –palvelu. Voit merkitä ylös aineen, luokka-asteen sekä haluatko liikuntavinkin tunnille vai välkälle

Vasemmassa reunassa useita pieniä tietoiskuja liikkumisesta ja sen hyödyistä



FitWizard

FitWizard

Home Find Activities Submit Activity Courses Resources About FitWizard Contact Us

Find Activities

Find Activitie

Welcome, Esteemed Educators!

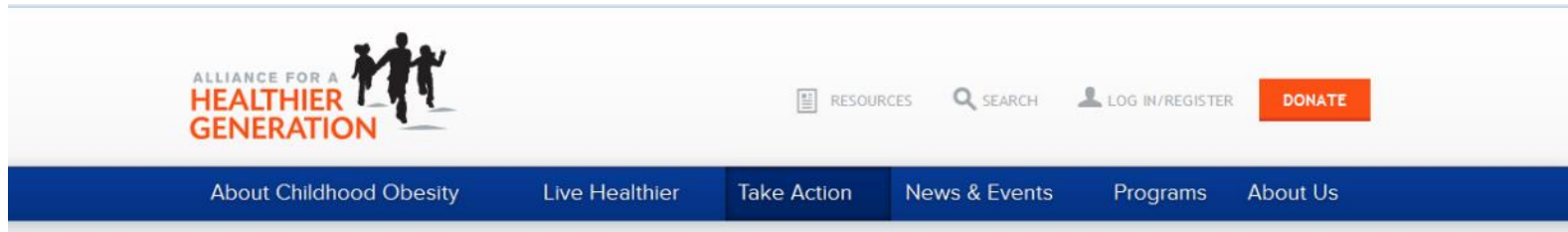
Are you tired of the 'same old, same old' way of teaching? Do you love discovering new, exciting, and *innovative* ways to inspire your students? Always looking for relevant ways to educate your students in fun, engaging ways, and get them up and physically moving in the process?

<http://fitwizard.org/>

**Kuin suunnittele liikuntaa -palvelu, mutta vinkkejä melko vähän
Paljon perus tietoa liikkumisesta, sen hyödyistä + suuri määrä tutkimuksia.**



Alliance for a HEALTHIER GENERATION



Physical Activity

Childhood obesity has increased as physical activity in schools has decreased. Physical activity should not be confused with physical education - one is an active class and one is an active lifestyle. Schools can support these active lifestyles by creating an environment that encourages movement at all times throughout the day.

Click through the sections below for guidance and resources.



MY SCHOOL

[← Back to other topics](#)



Physical Activities

Provide activities that meet the needs of your students and complement the facilities at your school and the structure of your school day.

Quick Links

[Student Wellness Fact Sheet](#)

https://www.healthiergeneration.org/take_action/schools/physical_activity/

Tietoa ja ideoita liikkumisen lisäämiseksi. Sivut sisältää mm. teoriaa + videoita liikkumaan innostamiseksi.



Fit for a Healthier Generation

[Get Moving with Elementary Students](#)



[Get Moving with Middle School Students](#)



[Get Moving with High School Students](#)



[Move with Bob's Fitness Break](#)



[https://www.healthiergeneration.org/take_action/schools/physical_activity/physical activities/fit for a healthier generation](https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fit_for_a_healthier_generation)

Tunnetut ohjaajat innostavat liikkumaan

Fit for a Healthier Generation

Yoga with Tara Stiles

Tara Stiles is the founder and owner of Strala Yoga, widely known for its unpretentious, inclusive, and straightforward approach to yoga and meditation. She is the personal yoga instructor to Deepak Chopra, with whom she's collaborated to create the best-selling "Authentic Yoga iPhone" app, and the This is Yoga DVD series among other projects. Jane Fonda named Tara "The new face of fitness."



[Get Moving with Tara Stiles](#)

Fitness Party with Zumba

Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-party workout. Coined —fitness-parties, Zumba classes blend upbeat world rhythms with easy-to-follow choreography to provide effective, total-body workouts. Founded in 2001, the company is now the largest branded fitness program in the world, with 14 million people taking classes on a weekly basis in over 140,000 locations across more than 150



Fuel up to play 60


The screenshot shows the homepage of the Fuel Up to Play 60 website. At the top left is the logo, which features the words 'FUEL UP TO PLAY 60' in a stylized, colorful font. To the right of the logo is a navigation menu with the following items: 'Welcome', 'Six Steps', 'Playbook', 'Funding', 'Tools & Resources', and 'Success Stories'. Below the navigation menu is a red banner with the text 'Welcome to Fuel Up to Play 60'. Underneath the banner, there is a breadcrumb trail: 'Home > Welcome'. The main content area is divided into two columns. The left column contains a photograph of several children in a school hallway, some of whom are holding and eating from green containers. The right column contains two promotional boxes. The top box has a blue background with a megaphone icon and the text 'Want to Get In the Game?' and 'Join the Movement Now!'. The bottom box has a blue background with a map of the United States showing several red location pins, the text 'See other Fuel Up to Play 60 schools across the country!', and a search bar with the text 'enter your zip' and a red 'GO' button. To the right of the bottom box is an image of a white plastic bottle of 'Milk Low-fat'.

<http://school.fueluptoplay60.com/welcome/>

Keskiössä fyysinen aktiivisuus sekä oikeanlainen ruoka ("tankkaa oikein jotta jaksat")

Lapset vahvasti mukana kehittämisessä (ideoivat ja toteuttavat)

Eat smart Move more!



**Welcome to
Eat Smart,
Move More NC!**

Tämä liitännäinen on haavoittuvainen ja pitäisi päivittää.
Käynnistä liitännäinen Adobe Flash.

Hae päivitystä...













WORK Well NC

Click [here](#) for worksite wellness information.

Eat Smart Move More Weigh Less

Click [here](#) to learn about joining the program.

For simple solutions on how you can eat smart and move more visit our consumer site.
MyEatSmartMoveMore.com

 <p>About Us Our mission, vision, and partners</p>	 <p>News In Physical Activity and Nutrition</p>	 <p>Success Stories In Eating Smart and Moving More</p>
 <p>NC's Plan To address obesity</p>	 <p>Key Behaviors Of Eat Smart, Move More NC</p>	 <p>Programs and Tools For Eating Smart and Moving More</p>
 <p>Directory Listing of public health professionals by county</p>	 <p>Advertisements and Press Materials Tools and samples</p>	 <p>Funding Opportunities for North Carolina communities</p>
 <p>Data Links to data sources and reports</p>	 <p>The Evidence What works in obesity prevention</p>	 <p>Video About the Eat Smart, Move More NC Movement</p>

Need help finding something?
Search our site using [Google™ Custom Search](#).

<http://www.eatsmartmovemorenc.com/index.html>



- Home
- About Us
- NC's Plan
- Programs & Tools
- Data
- Funding
- Contacts

School

Tools for Use in Schools



[Shared Use Policies and Agreements](#) — Learn about shared use policies and/or agreements in North Carolina.



[Trends, Effects and Solutions](#) — Learn how the seven Eat Smart, Move More NC target behaviors apply to school-age children.



[Eat Smart School Standards](#) — Use these resources to create policies that support healthy eating in schools.



[Move More School Standards](#) — Create school environments that support and encourage physical activity.



[Energizers for Schools](#) — Integrate classroom physical activities with academic concepts.



[School Fundraising Toolkit](#) — Plan healthy school fundraisers.



[Move More After-School Standards](#) — Use this guide to create practices, policies and environments supportive of physical activity in after-school programs.



[Guide to Creating Active Outdoor Play Spaces](#) — Learn how to create play spaces that promote physically active play.



[Healthy Celebrations and Events Guide](#) — Serve healthier, kid-friendly options during any food-related event or celebration.

You may also be interested in



[Bring Fresh Produce to Your Setting Guide](#) — Help to make fresh fruits and vegetables available to buy in your local worksite, place of worship or neighborhood.



[Healthy Meeting Guide](#) — Serve healthier foods at meetings and events.



[Fruits and Veggies Challenge](#) — Motivate employees at your worksite to eat more fruits and vegetables every day.



[Move More Walking Map Guide](#) — Promote safe walking routes in your community.



[Motivational Posters](#) — Download and display posters that encourage people to make healthy choices.



[NC NET Resources Library](#) — Borrow materials that support nutrition education.



[NC Healthy Schools Website](#) — Create a

<http://www.eatsmartmovemorenc.com/School.html>



Let's Move, Active schools!

Let's Move. Active Schools

THE MOVEMENT

SCHOOL CHAMPIONS

PARENTS

RESOURCES & GRANTS

LATEST STORIES

LOG IN

SIGN UP



Active Kids Do Better

Join the movement to bring physical activity back to our nation's schools.

JOIN THE MOVEMENT

<http://www.letsmoveschools.org/>

vzilo

Online Tools & Resources

- *Let's Move!* Active Schools Tools
 - [Roadmap for Developing an Active School](#)
 - [Infographic](#)
- Physical Education
 - [Physical Education Program Checklist](#)
 - [Presidential Youth Fitness Program](#)
- Physical Activity During School
 - [North Carolina Energizers](#)
 - [Active Academics](#)

Activation Grants*

- Action for Healthy Kids
 - [Will ramp up facilities and equipment to help you achieve 60 minutes of physical activity throughout the school day.](#)
- Active Schools Acceleration Project
 - [Will help you launch a new physical activity program.](#)
- BOKS Activation Grant
 - [Will help you get students moving before school.](#)
- Fuel Up to Play 60

<http://www.letsmoveschools.org/resources-grants/>
(Linkki materiaaleihin)

Action for Healthy Kids.

[About Us](#) [Media Center](#) [Contact Us](#) [Login](#) [Newsletter Signup](#)



VOLUNTEER

DONATE

[What We Do](#) [Tools for Schools](#) [Events](#) [In Your State](#) [Get Involved](#) [Gift Catalog](#)

Team Healthy Kids Fitness Challenge

Bike, run, walk or swim 22 miles in 22 days to make schools healthier places so kids can live healthier lives.

[ACCEPT THE CHALLENGE »](#)

TEAM HEALTHY KIDS

FITNESS CHALLENGE

22 MILES IN 22 DAYS

What We Do

Action for Healthy Kids make schools healthier places so kids can live healthier lives. We have identified three complimentary elements required to make our work successful, laid out in our "Theory of Change," the [Every Kid Healthy™ Equation](#).



School Action Plans
Schools Develop Effective Plans to Implement District Wellness Policies



Programs & Practices
Schools Implement Strong Health Programs & Practices



School-Family-Community Partnerships
Schools Build School-Family-Community Partnerships That Drive Transformative Change in Wellness Policies, Systems & Environments



[Why We Care](#)

[Our State Teams](#)

[Game On!](#)

[Breakfast for Healthy Kids](#)

[Parents for Healthy Kids](#)

[School Grants for Healthy Kids](#)

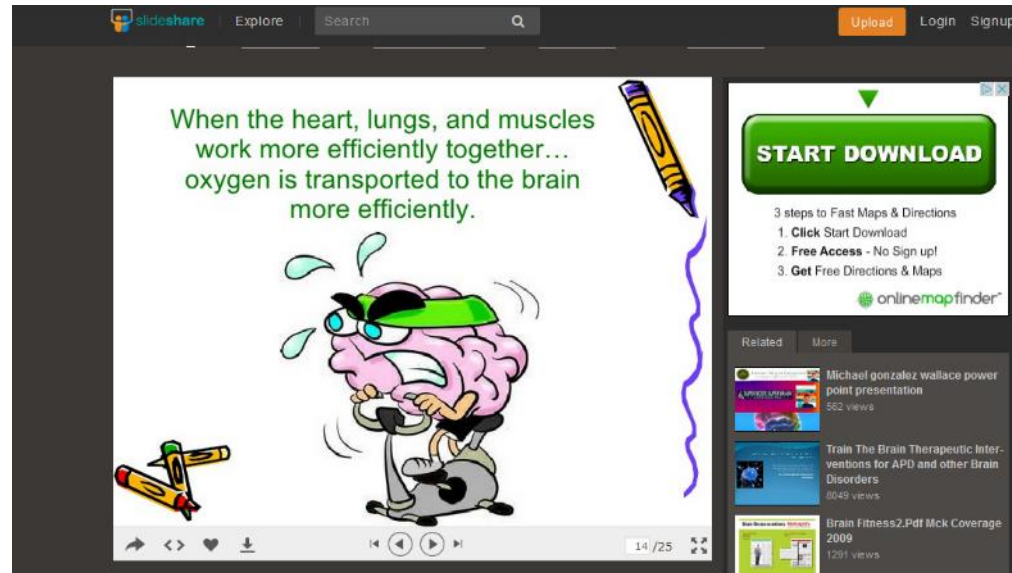
[Team Healthy Kids](#)

[Every Kid Healthy Week](#)



Muuta...

Netti on pullollaan erilaisia tutkimuksia, luentoja ja esityksiä.



<http://www.slideshare.net/gwiedow/yourbrainonexercisesdahperd?related=1>

http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm#1?s_cid=govD_dn_pao_122&source=govdelivery

http://www.toniyancey.com/IR_Book.html

OPS PERUSTEET

Sami Kalaja; Liikunnan opetuksen filosofia uudessa opetussuunnitelmassa (video) lyhyenä versiona:

<http://publisher.qbrick.com/Embed.aspx?mcid=3DA80C677114634D&width=640&height=360>

Sami Kalaja; Liikunnan opetuksen filosofia uudessa opetussuunnitelmassa (video) pitkänä versiona:

<http://publisher.qbrick.com/Embed.aspx?mcid=0EC4703D7114634D&width=640&height=360>

Liikkuva koulu videoita

Toiminnallinen oppiminen, Jyrängön koulu, Heinola (video)

<http://publisher.qbrick.com/Embed.aspx?ccid=1A406C1419c16ff7&width=1140&height=618>

Liikkuva koulu, Kalajoki (video)

<http://www.youtube.com/watch?v=6nIXXWVzPVU>

Täydellinen kouluviikko kokeilu, Sami Kalaja (video)

<http://publisher.qbrick.com/Embed.aspx?mcid=91F8A6157114634D&width=640&height=360>

LIKKUVA KOULU NETTISIVUT

Liikkuva koulu seminaarien aineistoja

<http://www.liikkuvakoulu.fi/seminaarit>

Ideota eri luokka-asteille

<http://www.liikkuvakoulu.fi/ideat>

Liikkuva koulu Youtube – kanava

<http://www.youtube.com/channel/UCx-oJQCRczELVIYq7OAUf1w>

Kirjautuminen Liikkuvaksi kouluksi

<http://www.liikkuvakoulu.fi/lahdemukaan>

Liikuntalupaus

<http://www.sport.fi/koulu/aktiivisempi-koulupaiva/liikuntalupaus>

Facebook -ryhmiä

- Jotain todella uutta liikunnanopetuksessa
- Liikkuva koulu
- Liikkuva koulu Itä-Suomi
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