



MUSC Boeing Center for Children's Wellness

School Wellness Checklist[®] Action Guide for Physical Education Teachers

PE teachers can make a big impact on their school's wellness culture! As a champion for Physical Activity, you are an important member of your school's wellness committee!

Getting Started

- Join your school's wellness committee or become the Wellness Leader
- Attend an MUSC Boeing Center training
- Assist in updating your school's Healthier Generation Assessment and Action Plan

Nutrition

- Promote water drinking at your school through an ongoing water drinking campaign
- Implement nutrition education lessons consistent with your state's nutrition education standards, the Dietary Guidelines for Americans, and MyPlate

Physical Activity

- Encourage teachers to incorporate physical activity breaks into the classroom
- Offer physical activity opportunities that are separate from PE for students before, during, or after school
- Organize an after school, non-competitive student walking or running group for students
- Encourage students to participate in community walk, run, bike, or physical activity events
- Assist your school in organizing Walk or Bike to School Day events
- Conduct fitness assessments and measure student BMIs using FitnessGram[®]
- Help plan a school-wide field day that includes adapted activities for all student ability levels
- Assist your school with securing Open Community Use or Facility Use Agreements to encourage physical activity in the surrounding community

Social-Emotional Learning (SEL)

- Invite community partners to your school to present to students, staff, or parents on SEL topics
- Encourage the implementation of ongoing yoga or mindfulness programs for students that are separate from PE
- Implement health education lessons that include the five SEL competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making

Wellness Culture

- Support school-level wellness policies: i.e., non-food reward, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding, or bullying prevention
- Organize and encourage non-food or healthy fundraisers for the school
- Collaborate with wellness committee members to incorporate physical fitness into a quarterly wellness newsletter for families
- Develop an incentive program for students that positively reinforces healthy choices
- Plan a school-wide health and wellness fair for students, staff, and families

Staff Wellness

- Organize a walking or running group or fitness classes for staff at the school
- Invite community partners to teach fitness classes to staff at school or donate fitness equipment for a dedicated staff workout room
- Provide ongoing social-emotional wellbeing programs for staff such as yoga or mindfulness
- Incorporate physical activity breaks into existing staff meetings

Sustainability

- Help apply for grants related to Physical Activity
- Participate in a community wellness-based training
- Host a healthy food or non-food fundraiser to raise funds for the wellness committee
- Establish or maintain community partnerships with a local business or organization that will sponsor or collaborate on healthy events at your school

For more ideas and resources, please visit our website:

<https://musckids.org/our-services/boeing-center/school-wellness-initiative/school-wellness-checklist-resources>

Please contact your school's MUSC BCCW Program Coordinator with any questions.