

Supports and Resources for Physical Activity Vermont Local Wellness Policy Guide

General Strategies/Resources

- See the following guidance document for implementation strategies and related policy ideas, Vermont Agency of Education: [Physical Activity Guidelines for Vermont Schools: Active Students are Better Learners](#).
- A substantial percentage of students' physical activity can be provided through a [comprehensive school physical activity program \(CSPAP\)](#). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities.
- [Incorporating Safe Routes to School into Local School Wellness Policies](#): A model policy to encourage active transportation and [Vermont Safe Routes to School](#).
- Consider joint-or shared-use agreements with community resources, see [ChangeLab Solutions](#).
- [AOE website for Physical Activity](#)
- [Physical Activity Guidelines for Vermont Schools](#) - Active Students are Better Learners was created to help school personnel interpret and implement a new requirement for physical activity in Vermont schools
- [Active Academics](#)
- [Comprehensive School Physical Activity Program \(CSPAP\)](#)
- [Fuel Up to Play 60](#)
- [Go Noodle](#)
- [Physical Activity for Children 6-17](#)
- [Physical Activity Guidelines for Americans](#) (2nd edition)
- [Vermont After-School and Summer Programs](#)