According to the CDC.gov regular physical activity in youth helps: build and maintain healthy bones and muscles; reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer; reduce feelings of depression and anxiety and promotes psychological well-being; improve students’ academic performance, including academic achievement and academic behavior, such as time on task.

- Active participation
- Team dynamics
- Stretching & strengthening
- Running
- Walking, Skipping, Jumping
- Movement games
- Relay and tag-like games
- “Energy awards”
- Laughter!