



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 start-of-year wellness training
- Assist in completing or updating your school's Healthier Generation Assessment or SMART Goals for this school year

Physical Activity

- Encourage teachers to incorporate physical activity breaks into the classroom and provide resources
- 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, Bike, or Roll to School Day events
- Conduct fitness assessments and measure student BMIs using FitnessGram®
- Assist your school with securing Open Community Use or Facility Use Agreements to encourage physical activity in the surrounding community

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
- Organize a student vs. staff recreational game or relationship building event at the school.
- Offer physical activity breaks at parent meetings or family events

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

- Support your school wellness committee's sustainability efforts by helping with grant writing and establishing healthy fundraisers to raise money for the wellness committee.
- Maintain a community partnership with a local business or organization that will sponsor or collaborate on healthy events at your school
- Participate in a community wellness-based training

For more ideas and resources, please visit our website:

<https://musckids.org/our-services/boeing-center/resources> Please contact your school's MUSC BCCW Program Coordinator with any questions.