

How Physical Education (PE) instructors can promote a healthy school environment

- Be a role model, show your students that you are committed to health
- Support your district's wellness policy and participate in wellness activities
- Drink more water, and allow students water breaks to refresh themselves, especially after active play and in hot weather
- Start an activity club; e.g., running club
- Hold a "Field Day" event
- Incorporate nutrition education into the PE curriculum
- Shift your curriculum from a sports focus to a health and wellness focus
- Teach students about healthy behaviors throughout the year