



# Move-to-Improve

Elementary Classroom Physical Activity Program

## What is Move-to-Improve?

- Move-to-Improve is a free classroom-based physical activity program that helps elementary school teachers in district public schools enhance their lessons by integrating physical activity into academic instruction to get students moving. Activities are adaptable for different ages, academic levels, and physical abilities.
- Move-to-Improve All-Star schools have a comprehensive PE program led by a certified or designated PE teacher, and at least 85% of elementary teachers trained in Move-to-Improve.

## Why become a Move-to-Improve All-Star School?

- Physical movement stimulates academic success by helping students to be alert and have the energy to learn. Student success depends on a combination of academic skills, healthy lifestyle, and physical and mental fitness.
- Move-to-Improve activities support New York State PE Learning Standards and are aligned with all content areas in the core curriculum.
- Move-to-Improve All-Star schools may count up to 40 minutes of Move-to-Improve activities each week in order to supplement the New York State Elementary PE [requirement](#) (120 minutes of PE each week).

## How do we become a Move-to-Improve All-Star School?

- A certified or designated PE teacher attends the Move-to-Improve Train-the-Trainer (TTT) workshop and is equipped with the knowledge and skills to deliver school-led workshops to train classroom teachers in the Move-to-Improve program.
- Administrators support the PE teacher by scheduling Move-to-Improve school-led workshops to train at least 85% of elementary teachers.
- The Move-to-Improve team provides ongoing support to help administrators guide their schools to achieve and maintain Move-to-Improve All-Star status as well as assist teachers implementing the program school-wide. To learn more about Move-to-Improve, please contact us at [MTI@schools.nyc.gov](mailto:MTI@schools.nyc.gov).

