

PROFESSIONAL DEVELOPMENT



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Let's Get Moving: Physical Activity in Preschool Training

This free, online training is designed for childcare providers, Pre-K teachers, early childhood educators, program directors, Family Nutrition Program staff, and others who support movement and active play in preschool environments.



[Learn More](#)

Whole School, Whole Community, Whole Child Model

The CDC Whole School, Whole Community, Whole Child (WSCC) Model offers a holistic approach to education, addressing students' cognitive, physical, social, and emotional needs. The related learning activities in this free online training provide the tools and knowledge to implement comprehensive school health programming based on the evidence-based WSCC model.



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Data Analysis for School Health

Measuring school health is essential. It forms the foundation for informed decision-making. It helps schools identify areas of improvement, allocate resources effectively, and create a safe and healthy environment for students and staff. The related learning activities in this free online training provide the tools and knowledge to conduct school health assessment using a range of tools including the School Health Index (SHI).



[Learn More](#)

Wellness at Work

This free, online training is for K-12 educators, staff, and administrators committed to fostering a healthy work environment. The related learning activities provide tools and knowledge to implement wellness programs, supportive policies, and environmental strategies.

TEACHING TOOLS

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Active Academics®

Active Academics® is a free resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. The standards-based activity ideas utilize the Common Core Standards as well as national standards.

[Learn More](#)

WV Healthy Kids

WV Healthy Kids is a free web-based educational lesson for teachers and other leaders to implement as part of their instruction related to physical activity, good nutrition, and overall health. In addition to the lesson content, learners will have opportunities to answer questions to check for understanding, analyze their own physical activity level and dietary intake, and consider setting goals to improve their health. The lesson is designed for use with 5th-8th graders in a variety of settings.

[Learn More](#)

Move Your Way Toolkit for Schools

Explore the Move Your Way Toolkit for Schools for engaging ideas and resources to make physical activity fun and accessible for every student. You'll find information on the benefits of physical activity, tips on promoting physical activity during the school day, and fun games to help kids learn that lots of things count as physical activity — like the Move Your Way bingo cards and Teachers' Guide!

TECHNICAL ASSISTANCE

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State and National School Health Data

These ready-to-use resources include a summary of the national level school health benchmark data from the National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health. The state-level summaries include data related to School Nutrition, Out-of-School Time, Physical Education and Activity, and School Health Services. You can use these links to access more data from the Youth Risk Behavior Surveillance System (YRBSS), Adolescent Behaviors and Experiences Survey (ABES), and School Health Profiles (SHP).

[Learn More](#)

Recess Policy Toolkit

These ready-to-use resources highlight a comprehensive policy package designed to advance recess in schools by outlining the importance of unstructured play for students' physical, social, and emotional development. The toolkit provides model legislation, state-by-state analyses, and practical advocacy materials to help policymakers and educators strengthen and expand recess access nationwide. You can use these links to explore additional materials supporting healthier school environments and evidence-based policy solutions.

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