

## #MovementMatters

Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing a variety of health conditions such as diabetes, heart disease, depression and anxiety and many others. This April, NCHPAD wants to share our NEW video on the benefits of inclusive PE classes. Join us in sharing the suggested messages below because #MovementMatters!

### What we're sharing:

\*NEW\* How Inclusive Physical Education in School Benefits All Students

- Will be LIVE starting April 1, 2022
- Link: [https://www.youtube.com/watch?v=4\\_gMHxUfnvc](https://www.youtube.com/watch?v=4_gMHxUfnvc)

### Have your own inclusive PE resources to share?

Connect with us! We'd love to share them.

- Send an email to [nchpadmedia@lakeshore.org](mailto:nchpadmedia@lakeshore.org)
- Or, message us on social @NCHPAD

### Tips for creating accessible social media posts:

- Use 'camel case' when using hashtags on platforms. Example: #HashtagExample instead of #hashtagexample.
- Add image descriptions to make your content accessible
- When possible, have links and hashtags at the end of your message

### Suggested messages to promote inclusive PE:

Message	Suggested Image	Alt Text
<p>#DYK Children and youth with disabilities are often not fully included in PE classes, resulting in greater rates of physical inactivity and obesity? Create healthy communities by providing access to quality, inclusive physical education for all students!</p> <p><a href="https://bit.ly/3t3OwjW">https://bit.ly/3t3OwjW</a></p>		<p>"Is your physical education class inclusive?" written in large blue text on a white background. Above is the hashtag #MovementMatters. Below is an illustration of a diverse group of students. Left to right: A youth is wearing glasses is holding onto a cane with one hand and a golden dog with the other; A cheerleader in green and gold strikes a pose with her pom-pom; A boy seated in his sports chair is about to</p>

		shoot a basketball; A boy in a blue football uniform concentrates as he is about to throw a football.
<p>Learn about the benefits of inclusive PE and how you can be an advocate for inclusion in your own school with this new video from @NCHPAD! #MovementMatters <a href="https://bit.ly/3t3OwjW">https://bit.ly/3t3OwjW</a></p>		<p>“Is your physical education class inclusive?” written in large blue text on a white background. Above is the hashtag #MovementMatters. Below is an illustration of a diverse group of students. Left to right: A youth is wearing glasses is holding onto a cane with one hand and a golden dog with the other; A cheerleader in green and gold strikes a pose with her pom-pom; A boy seated in his sportschair is about to shoot a basketball; A boy in a blue football uniform concentrates as he is about to throw a football.</p>
<p>How do you support inclusion in your PE class? Get started with this video from @NCHPAD! #MovementMatters <a href="https://bit.ly/3t3OwjW">https://bit.ly/3t3OwjW</a></p>		<p>“#MovementMatters” is written at the top in blue. Below is a larger headline reading “Create a successful learning environment that fosters a lifetime of healthy habits for ALL students”. Below that is a three item checklist. 1. Utilize universal design in the classroom. 2. Provide professional training opportunities for staff to learn about inclusion. 3. Support students with disabilities who want to participate in other physical activities before, during, and after school.</p>
<p>Building a lifetime of healthy and sustainable habits starts right in the classroom.</p>		<p>“#MovementMatters” is written at the top in blue. Below is a larger headline</p>

<p>Support inclusive and healthy classrooms by providing access to quality physical education.</p> <p>#MovementMatters  <a href="https://bit.ly/3t3OwjW">https://bit.ly/3t3OwjW</a></p>		<p>reading “Create a successful learning environment that fosters a lifetime of healthy habits for ALL students”. Below that is a three item checklist. 1. Utilize universal design in the classroom. 2. Provide professional training opportunities for staff to learn about inclusion. 3. Support students with disabilities who want to participate in other physical activities before, during, and after school.</p>
<p>Are you and educator who isn't sure where to start in supporting inclusion in your classroom? Check out this video from @NCHPAD to learn the basics!</p> <p>#MovementMatters  <a href="https://bit.ly/3t3OwjW">https://bit.ly/3t3OwjW</a></p>		<p>The following text is on a blue and white background: Support inclusive physical education in your schools! Create an accessible environment that allows students to fully participate with peers; Empower all staff and students to become advocates for inclusion; Demonstrate behaviors that show that you care and respect all students as equal learners</p>
<p>Is your classroom inclusive? Learn about the benefits and impact of inclusive physical education with this video from @NCHPAD</p> <p>#MovementMatters  <a href="https://bit.ly/3t3OwjW">https://bit.ly/3t3OwjW</a></p>		<p>The following text is on a blue and white background: Inclusion means: all children, disabled and non disabled, have the right to be respected and appreciated as valuable members of the school community, fully participate in all school activities, and interact with peers of all ability levels with opportunities to develop friendships. Source: cdc.gov</p>