

# SAVE THE DATE



Incorporating just 30 minutes of physical activity into the school day can enhance learning.

Children who are more active in school are more **alert, attentive,** and have **better classroom behavior.** They also tend to have higher grades and test scores than their less active peers.

**To join the movement,  
SIGN THE PLEDGE  
today at  
[www.georgiashape.org](http://www.georgiashape.org)**

**When:** Friday, Sept. 30, 2016

**Where:** In classrooms during the school day

**Who is invited:** All Georgia elementary schools

**How to participate:**

Activities will be posted for teachers to use throughout the school day. Teachers can access the short energizers using this link: <http://goo.gl/IzLGhg>

Available **7:00AM-9:00AM**

Mind in Motion with Superintendent Woods

Available **9:00AM-11:00AM**

GoNoodle with Commissioner Fitzgerald

Available **11:00AM-1:00PM**

Jammin' Minute

Available **1:00PM-3:00PM**

Continental Drift

***Want to win a Back to School Pack for your school?***

Upload a photo/video to Twitter, Facebook, and/or Instagram of your classroom participating in Power Up for 30 Day to be entered to win a Back to School Pack for your entire school! Make sure your school name and district is included in the post along with the following:

**@GeorgiaShape**

**#GeorgiaShape**

**#PU30Day**