

BEST PRACTICES

Bulletin Board Ideas

Using bulletin boards can help create an engaging and supportive environment in your physical education classroom, and all around your school. These ideas can be used to motivate students to lead healthy and active lifestyles and create excitement for school-wide events.

- **Word Walls:** Utilize the academic language cards provided with each OPEN module to create a word wall for each unit and reinforce the key vocabulary words that are associated with what students are learning.
- **Healthy Habits Board:** Create a board focused on promoting healthy habits, such as drinking water, eating fruits and vegetables, getting enough sleep, and exercising regularly. You can include colorful images, tips, and motivational quotes.
- **Responsible Behaviors Spotlight:** Dedicate a board to highlighting students that get “caught” showcasing responsible behaviors and values. Showcase examples of fair play, teamwork, and students using encouraging language with each other. You can feature photos of students who have demonstrated responsible behaviors both during and outside of physical education class.
- **Fitness Challenge Board:** Include motivational quotes and tips for staying active. You can also incorporate themed challenges like "30-Day Plank Challenge" or "Jump Rope Challenge."
- **Nutrition Corner:** Educate students about the importance of nutrition with a bulletin board focused on healthy eating. You can feature healthy recipes and fun facts about nutrition.
- **Physical Activity Fun Facts:** Create an interactive bulletin board filled with interesting facts about fitness and physical activity. Include trivia questions, movement myths vs. facts, and educational tidbits about the benefits of staying active.
- **Goal Setting Board:** Encourage students to set and track their fitness goals with a dedicated bulletin board. Provide space for students to write down their goals, steps to achieve them, and progress updates. Include motivational quotes and success stories to inspire students to reach their goals.
- **Special Events:** Keep everyone updated on school-wide special events that are happening. For example, put up a Kids Heart Challenge bulletin board during the month of February. Or utilize a bulletin board to share information about Field Days or Parent Nights that you are organizing.