

# 4-Before & After School Physical Activity

## OVERVIEW

**The goal** is to have organized and appealing activities for students, staff, and family members before and after school in addition to intramural sports to keep them physically active.

**Resources Needed:**

- Funding and supervision as needed to meet district safety requirements.

**Facilities and Equipment Needed:**

- Appropriate for provided activities. Maintenance as needed to get the facility prepared for next use.

**Evaluation:**

- Increase in the number of students participating in activities before and after school.

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Use of school facilities and equipment for organized programs that include physical activity during the before- and after- school hours can help students meet the goal of 60 minutes of physical activity per day.

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**School districts** can implement a wide variety of before- and after- school programs, in addition to intramurals, that include physical activity for students and perhaps their families.

These can include:

- School-community recreation
- Community education
- 21<sup>st</sup> Century Community Learning Centers
- Clubs and related education-focused programs

These may be run or supported by the school district alone or in partnership with a variety of community organizations. After- school programs also include programs run in the school building by independent community organizations, such as YMCAs, Boys and Girls Clubs, and others. Implementing these in the schools make access easier for many students.

Intramural programs, as part of the school program, ensure that all children are provided opportunity to participate regardless of athletic skills or abilities, to learn an energetic approach to life. Intramural experiences can contribute to their enjoyment of leisure and maintain a style of living that is health promoting. Intramurals may offer a wider variety of sports than traditional extramural sports, and as a result attract more students. Lifetime sports such as bicycling, roller-blading, yoga, kayaking, and martial arts may be more easily included in intramurals than in physical education and extramural sports.

## ACTION STEPS



- ✓ Survey students to find what activities they would like to participate in outside of the school day.
- Once activities have been identified, establish what facilities and equipment will be utilized and what outside organizations might also be involved.
- Establish the district's policy for supervision of the activities and facilities.
- Develop or expand partnerships with community organizations to assist in planning and delivering before- and after-school programs that include physical activity.
- Survey staff as to their willingness to assist with this supervision.
- Establish a budget if funds are needed to reimburse staff or community organizations.
- Set fees to meet budgetary needs.
- Set any limitations to participants (students, adults, age limits).
- Establish a schedule for activities and supervision.
- Use district and community communication channels (websites, school newsletter, social media etc.) to promote the program to students and families.



After-school programs help students meet Wisconsin State Physical Education Standard 3: Participates regularly in physical activity; Standard 4: Achieves and maintains a health-enhancing level of physical fitness; and Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.



## EXAMPLES

### **School and Community Recreation:**

- Example programs
  - Middle school programs: <http://mscr.org/our-programs/afterschool/middle-school-programs>
  - Program Guide: <http://www.madison.k12.wi.us/files/CurrentProgramGuide.pdf>
- From Jo Bailey, D.C. Everest Senior High, Weston, WI:
  - pre-designed activity cards - complete all tasks, themed by season/day
  - mileage club
  - open gym - change theme by day or create zones

### **Intramurals**

March Madness—Elementary or Middle School

Students sign up for one of three activities during a session. Sessions last for one hour. Activities include: basketball, floor hockey, volleyball, and the moonwalk in the gymnasium; Dance, Dance Revolution in the cafeteria, and sport video games in a classroom. The students must be in the gym for at least one session. Prizes were donated from local businesses.

### **A Middle School Intramural Program**

One middle school intramural program consists of the following offerings based on student input: weight training, tennis, flag football, basketball, skiing, indoor soccer, indoor rock climbing, and bowling. The intramural program ends with a survivor challenge of ten activities over two meetings. The activities include a soccer goal challenge, basketball dribbling contest, a rock climbing challenge, a football throw challenge, and five others developed by the students.

## RESOURCES

**Alliance for a Healthier Generation Healthy Out-of-School Time Framework:** Standards and best practices for developing healthy out of school time environments.

[https://alliance.amm.clockwork.net/\\_asset/pqkqhk/HOSTFramework.pdf](https://alliance.amm.clockwork.net/_asset/pqkqhk/HOSTFramework.pdf)

**Alliance for a Healthier Generation:** Interactive website for strategies for adding physical activity before and after school. <http://www.healthiergeneration.org/schools.aspx?id=3382>

**21st Century Community Learning Centers:** Information on Wisconsin Community Learning Center grants. <http://dpi.wi.gov/sspw/clc.html>

**Model Joint-Use Agreement Resources:** How to increase community physical activity by opening up school grounds. <http://changelabsolutions.org/publications/model-JUAs-national>

**SPARK Afterschool:** After School resources including games, activity cards with an initial cost. Check to see if your school district has it. <http://www.sparkpe.org/after-school/>

**California After School Physical Activity Guidelines:** An online resource center. <http://www.cde.ca.gov/ls/ba/as/documents/paguidelines.pdf>

**National Football League "Play 60:"** <http://www.nflrush.com/play60>

**10 Ways to Exercise as a Family:** <http://www.parents.com/fun/sports/exercise/10-ways-to-exercise-as-a-family/?page=2>

## POLICY SAMPLES

**From Model School Wellness Policies at:** <http://www.schoolwellnesspolicies.org/WellnessPolicies.html#opportunities>

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Workbook for Developing a Local School Wellness Policy:**

[http://www.minneapolismn.gov/www/groups/public/@health/documents/webcontent/convert\\_253931.pdf](http://www.minneapolismn.gov/www/groups/public/@health/documents/webcontent/convert_253931.pdf)

- Schools shall offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs.
- Schools will be encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.
- Schools should encourage after-school childcare programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

**Wisconsin Policy:** [http://fns.dpi.wi.gov/fns\\_wellnessplcy](http://fns.dpi.wi.gov/fns_wellnessplcy)

**Alliance for Healthy Generation Wellness Policy:**

[https://www.healthiergeneration.org/take\\_action/schools/wellness\\_councils\\_policies/wellness\\_policies/](https://www.healthiergeneration.org/take_action/schools/wellness_councils_policies/wellness_policies/)