

THE STANDARD

Our organization’s physical activity offerings support the US Department of Health and Human Services (USDHHS) 2008 guidelines recommending that all youth obtain a daily minimum of 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.

RATIONALE

Why is this Standard important?

Regular physical activity promotes important health benefits, reduces risk for obesity and is linked to enhanced academic performance.”

Active Living Research

“School Policies on Physical Education and Physical Activity:
A Research Synthesis”

Learn more:

- 🔗 [A Review of Research on the Integration of Sports and Physical Activity into Out-of-School Time Programs](#)
- 🔗 [USDHHS](#)
- 🔗 [CDC](#)

REFLECTION

1. What are the pros and cons of increasing physical activity at your site?
2. If all children at your site were more physically active, how would your site be different?

EXAMPLE OF ACHIEVEMENT

What does achieving Physical Activity 01 look like?



The afterschool program at the Dare County North Carolina school district implemented the Alliance for a Healthier Generation’s empowerME4Life healthy living curriculum.

Through the program, both participants and facilitators became more aware of the importance of 60 minutes of physical activity each day.

The program celebrated its success by holding a Lights On Afterschool event, a national program in which afterschool sites promote the benefit of before and afterschool programs. Students and staff showed community members and parents how they had learned to live healthier lives.

Students led yoga demonstrations and shared their physical activity and healthy eating journals. Using elements from the empowerME4Life sessions, students made posters that showed the barriers to being physically active, bumper stickers with healthy slogans and a collage with pictures of alternatives to being sedentary.

BEST PRACTICES

Achieve this Standard through these best practices

- A. Our program dedicates at least 20% or at least 30 minutes of morning or afterschool program time to physical activity (60 minutes for a full day program).
- B. Our program provides physical activities in which youth are moderately to vigorously active for at least 50% of the physical activity time.
- C. Our program ensures physical activity takes place outdoors whenever possible.
- D. Our program ensures that daily physical activity time includes:
 - aerobic (i.e. bicycling)
 - age-appropriate bone and muscle strengthening (i.e. jump rope, push-ups, sit-ups), and
 - cardio-respiratory fitness activities (i.e. running).
- E. Our program provides a variety of physical activity options that are fun, recreational and lifelong learning opportunities (i.e. swimming, bicycling, jogging, dancing).
- F. Our program offers unstructured free play or structured activities that involve all program attendees.
- G. Our program offers non-competitive activities (i.e. walking, running, dance).
- H. If we have an intramural program, our program offers competitive physical activities that follow the National/State Standards for Physical Education.
- I. Our program offers activities that are adaptable, accessible and inclusive of all youth, including those with physical, sensory and intellectual disabilities.
- J. Our program conducts physical activities that are integrated with enrichment, academic or recreation content (i.e. goal-driven, planned, sequentially designed and delivered in a safe, inclusive, developmentally appropriate and success oriented manner).
- K. Our program provides short physical activity breaks between and/or within program activities to invigorate youth and eliminate long periods of sitting.
- L. Our program does not permit access to television or movies.
- M. Our program limits digital device time to less than one hour per day and digital device use is limited to homework or activities that engage youth in moderate to vigorous intensity physical activity.

ACTION STEPS

Consider action planning with these steps

- Convene programmatic staff and engage youth leaders
 - Ensure all staff involved are familiar with the importance of 60 minutes of physical activity per day
 - Ensure all staff involved understand the concepts of moderate to vigorous physical activity, bone and muscle strengthening activities and cardio-respiratory fitness activities
 - Reflect and discuss the importance of increasing the duration and intensity of physical activity
- Review program schedule and assess possible opportunities for enhanced physical activity
- Discuss the most feasible and sustainable changes
- Provide training opportunities for staff who will implement physical activity

RECOMMENDED RESOURCES

Formal Physical Activity Curriculum

- [SPARK](#)
- [Catch Kids Club](#)
- [Food and Fun](#)
- [Brain Breaks](#)
- [Take 10](#)

Physical Activity Videos

- [Alliance for a Healthier Generation YouTube page](#)

Race Events

- [Go Out For a Run \(Go Far\)](#)

Short Physical Activity Breaks

- [Jammin' Minutes](#)
- [PlayWorks](#)
- [AfterSchool Energizers](#)

Visit the *Healthy Out-of-School Time Resource Database* to read descriptions and find out about possible discounts.

HOST.HealthierGeneration.org

YOUTH ENGAGEMENT

Consider engaging youth in your action plan



TIPS AND TOOLS

- [Examples of cardio-respiratory and musculoskeletal activities](#)
- [Examples of activities that are moderate to vigorous activities](#)
- [US Department of Health and Human Services Physical Activity Guidelines](#)
- [National Association for Sport and Physical Education Guidelines for AfterSchool Physical Activity and Intramurals](#)
- [Best practices for inclusive physical activity](#)
- [Policies and Standards for Promoting Physical Activity in After-School Programs](#)

REFLECTION

- Are you ready to add Physical Activity 01 to your action plan as a key wellness goal?
 - If yes, what specific steps will you put on your action plan?
 - Have you engaged all essential stakeholders, including youth?
 - Have you and these stakeholders reflected and discussed the importance of the goal?
 - Have you researched potential resources in the Healthy Out-of-School Time resource database?
 - Are there other organizations in the community you may collaborate with or resources you may share that will help you achieve the best practices?"
- If you are not ready to address Physical Activity 01, will you consider addressing it mid-year, over the summer, or next school year?
 - Which action steps will help you make progress in the meantime?
 - How can you build support with stakeholders over the next year?