

HealthMPowers

Before / After School Programs

THE CHALLENGE

The SHAPE fitness assessment results for 2013-2014:

- Only 19% of Georgia students were able to achieve the Healthy Fitness Zone (HFZ) for all five FitnessGram® assessments¹
- 24% of Georgia students were unable to achieve the HFZ for any of the FitnessGram® assessments¹

THE SOLUTION

The CDC recommends children get at least **60 minutes** of physical activity every day.²

Schools can help achieve this goal by promoting a Comprehensive School Physical Activity Program (CSPAP), which includes:

- Classroom integration
- Recess
- **Before and after school activity**
- Quality physical education
- Staff engagement
- Family/community engagement

BEING PHYSICALLY ACTIVE IN SCHOOL

- ✓ Improves academic scores (reading, math, spelling and composite)³
- ✓ Improves classroom behavior⁴⁻⁶
- ✓ Increases concentration⁴⁻⁶
- ✓ Increases time on task⁴⁻⁶
- ✓ Reduces risk of depression³
- ✓ Improves cardiovascular fitness and muscular strength³
- ✓ Reduces likelihood for developing many diseases (e.g. type II diabetes)³



Lewis Elementary School

Early Morning Physical Activities



Facility Joint-Use Agreement



Active Transport to and from School



Physical Activity Clubs



Yargo Elementary School

Before and after school programs provide excellent opportunities for students to **increase physical activity outside of the regular school day**.

These programs typically are conducted within the school setting or in combination with a community program.

It is recommended that before and after school programs allocate **at least 20% of their time to physical activity**⁷ with at least half of this time being devoted to moderate to vigorous physical activity.

Before/After school physical activity fulfills an important role in students' social development

- According to one study, providing ADHD students with 30 minutes of moderate to vigorous physical activity before school *improved* school day **social** and **behavioral** functioning as noted by daily teacher ratings.⁸
- 75% of surveyed teachers reported students are more **confident** and **happier** following participation in the Build Our Kids' Success (BOKS) before school program.⁹

Before/After school physical activity positively affects student fitness, academics, and classroom behavior

- Yargo Elementary School's Physical Education teacher created a **morning physical activity program** for 5th grade students in response to her school's eye-opening fall semester Fitnessgram results. As a result, the average 5th grade student showed a **ten-lap increase in PACER scores** and **increased their CRCT scores** in 4 of 5 subject areas (Reading, English/Language Arts, Math and Social Studies) from the previous year.^{10,11}
- Approximately 280 out of 557 surveyed teachers reported students participating in the BOKS before school program as having **improvements in readiness to learn**, **ability to concentrate**, **ability to control impulses** and **engagement** in class discussions.⁹

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Best Practices for Before/After School Physical Activity Program

- ✓ Dedicate at least 20% of the time in the before/after school program to physical activity.¹¹
- ✓ Offer organized and structured activities to increase time doing moderate to vigorous physical activity.¹²
- ✓ Add structural physical activity including movements requiring bilateral cross-body movements at moderate to vigorous levels to maximize neural benefits of concentration and time on task.¹³
- ✓ Offer as a stand-alone program or in conjunction with a larger extracurricular or enrichment program.¹⁴
- ✓ Train before/after school program employees on facilitating physical activity.¹⁵
- ✓ Use outdoor space when weather permits.

No Cost/Low Cost Classroom Integration Resources:

Station Cards with Get Fit & Flourish: Enhanced Physical Activity Manual:

http://iphionline.org/pdf/Enhanced_Physical_Activity_Manual.pdf

The Get Fit & Flourish Manual provides turnkey resources, including lesson plans and station cards (pgs. 32-37; 42-50) for schools looking to start a before or after school physical activity program or enhancing an already existing program.

BOKS

<http://www.bokskids.org>

The BOKS before school program combines play, physical activity, team games and short talks on nutrition to create healthier habits for children to achieve life-long fitness. The program provides free turnkey lessons to get kids moving. Also, download the free BOKS manual with hundreds of activity ideas.

Fuel Up to Play 60 Physical Activity Playbook:

<http://school.fueluptoplay60.com/playbook/playlist.php?type=Physical%20Activity>

The Fueled Up to Play 60 Physical Activity Playbook offers a variety of activities for starting a before/after school physical activity program or enhancing an already existing program.



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