Sample Afterschool Schedule (with Physical Activity Breaks)

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|  | **3:00‐3:15** | **3:15‐3:30** | **3:30‐4:00** | **4:00‐4:15** | **4:15‐4:45** | **4:45‐5:15** | **5:15‐5:30** |
| **Monday** | Small Space Activity  Break | Snack | Homework | Small Space Activity  Break | Activity 1 | Activity 2 | Dismissal and Parent  Pick‐Up |
| **Tuesday** | Food & Fun Active Game or Afterschool Gets Moving  activity | Snack | Homework | Small Space Activity Break | Activity 1 | Activity 2 | Dismissal and Parent Pick‐Up |
| **Wednesday** | Small Space  Activity Break | Snack | Homework | Small Space  Activity Break | Activity 1 | Activity 2 | Dismissal and  Parent Pick‐Up |
| **Thursday** | Food & Fun Active Game or Afterschool Gets Moving  activity | Snack | Homework | Small Space Activity Break | Activity 1 | Activity 2 | Dismissal and Parent Pick‐Up |
| **Friday** | Small Space Activity  Break | Snack | Homework | Activity 1 | Free Active Play | Free Active Play | Dismissal and Parent  Pick‐Up |

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Out-of-School Nutrition and Physical Activity (OSNAP) Initiative | Prevention Research Center on Nutrition and Physical Activity at the Harvard T.H. Chan School of Public Health

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