

Physical Activity



Real-Life Challenges... And how to overcome them

It's hard to make time for physical activity with everything else on our schedules...

Make physical activity a formal part of your daily schedule.

Some kids just don't want to participate...

Offer structured free play with a variety of physical activity stations that kids can choose from.

It gets dark too early to play outside...

Offer physical activity at the start of the afterschool day.

Sometimes the weather is too cold...

Use indoor space, and see the next point.

We don't have enough space for physical activity...

Convert cafeteria or classroom areas into space for dance and fitness. Find a local park. Take a walk or jog around the block. Develop relationships with school administrators who may be able to provide additional space.



What is **MODERATE** activity?

Games, sports, and recreation that are equal in intensity to brisk walking:

Hopscotch	Yoga
Playground play	Gymnastics
Swinging	Ballet
Kickball	Shooting baskets
Frisbee	Swimming for fun
Walking	Volleyball
Bike-riding	Baseball, softball

What is **VIGOROUS** activity?

Games, sports, and recreation that are more intense than brisk walking:

Running games (tag)	Karate
Jogging	Taekwondo
Jumping rope	Jumping jacks
Basketball game	Skipping
Football game	Push-ups, pull-ups
Soccer	Swimming laps
Aerobic dancing	Water basketball

Check out this real-life success story!

One program offered a variety of different active games and fitness activities that students could rotate through, and after a month of trying different stations, the kids voted on their favorites. The winning activities appeared more often in structured play time. Empowering children to make their own decisions is a great way to get everyone involved! The most popular stations were basketball, four-square, hula-hoop, and jump rope. Even better—the site director said that NONE of the kids sat out!

Did You Know?

Each child should get at least 1 hour of physical activity every day. Providing at least 30 minutes of daily activity in your afterschool program is a good goal.

Kids should get at least 20 minutes of **vigorous** physical activity 3 times per week or more.

Recreational play, like running, jumping and climbing on playground equipment, is just as important as skill-based instruction.

Many schools have limited time for physical education and recess so children come to afterschool programs ready to move!

Physical activity can be broken up into periods of 10-15 minutes.

Many children today do not engage in enough physical activity. Physical activity tends to decline as kids enter the teen years, and inactive children may be less physically active as adults.

Staying active protects everyone—even kids—from developing heart disease, diabetes, high blood pressure, stroke and osteoporosis. Exercise helps make bones stronger. Plus, inactive children weigh more and have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol) (heart.org).

Regular physical activity helps children focus both in and out of school.



Want to know more? Check out these other resources:

shapeamerica.org

SHAPE America provides resources for health and physical educators to promote healthy, active lifestyles for children and sets standards defining what a student should be able to do as result of physical education.

cdc.gov/healthyschools/ost.htm

The Centers for Disease Control and Prevention's (CDC) Out-of-School Time and the Whole School, Whole Community, Whole Child Approach (WSCC) includes resources and information about how afterschool staff and leaders can extend the WSCC approach beyond the school day.

nutritionsource.hsph.harvard.edu/staying-active

Based at the Harvard T. H. Chan School of Public Health's Department of Nutrition, The Nutrition Source is a leading authority on food and nutrition knowledge, providing science-based guidance for healthy living and staying active.

cdc.gov/active-people-healthy-nation/php/about/index.html

Active People, Healthy NationSM is the CDC's national initiative to help 27 million Americans become more physically active by 2027.

cdc.gov/physical-activity-basics/adding-children-adolescents/index.html

Make physical activity part of a child's life with these physical activity basics from the CDC.