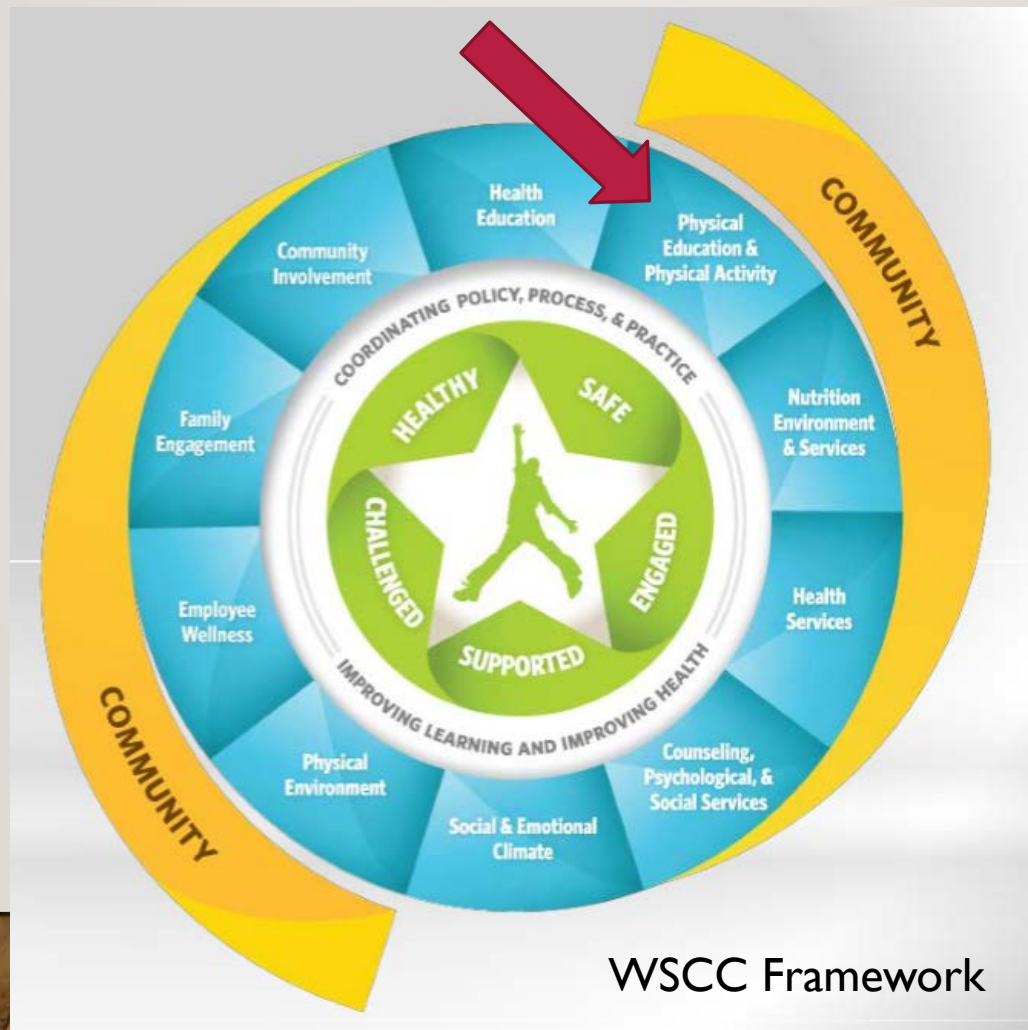


School Health Guideline #4: Increasing Physical Activity In Afterschool Programs



WSSC Framework

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STATISTICS, GUIDELINES, & BENEFITS

Obesity Statistics

- Childhood obesity rates have more than tripled over the past three decades in the US

(Ogden, Carroll, Kit, & Flegal, 2012)

Physical Activity (PA) Guidelines

- Less than half of U. S. children accumulate at least 60 minutes of recommended daily moderate- to vigorous-physical activity

(Kohl & Cook, 2013; U. S. DHHS, 2008a; Whitt-Glover et al., 2009)

Health & Academic Benefits of PA

- Improved physical and mental health
- Higher grades, standardized test scores, concentration, retention, on-task behavior, attendance

(Cawley, Frisvold, & Meyerhoefer, 2012; U. S. DHHS, 2008b)

(CDC, 2010)

AFTERSCHOOL PROGRAMS (ASPs) STATISTICS

- ASPs have been identified as a key setting for providing PA

(Physical Activity Guidelines for Americans Midcourse Report Subcommittee of the PCFSN, 2012)

- Nearly 10.2 million U.S. children (18%) currently participate in an ASP which reflects an increase of nearly 2 million children over the past 5 years

(Afterschool Alliance, 2014)

- 80% of parents with children enrolled in an ASP believe PA opportunities should be offered daily

(Afterschool Alliance, 2015)

2011 HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA) STANDARDS IN OUT-OF-SCHOOL TIME PROGRAMS

- Provide 30 min of daily, developmentally appropriate PA
- Support MVPA at least 50% of the time
- PA should be inclusive, appealing to children, & offer variety
- Promote the health-related benefits of fitness
- Use evidence-based best practices

(Afterschool Alliance, 2015; Wiecha, Hall, Gannett, & Roth, 2011)

EVIDENCE-BASED BEST PRACTICES: PROMOTING PA IN ASPS

- Create and maintain a mastery-oriented environment

(Beets, Pitetti, & Forlaw, 2007; Gortmaker et al., 2012; Nicholls, 1989; Sharpe et al., 2011; Wilson et al., 2011; Zarrett et al., 2012; Zarrett et al., 2015)

- Promote intrinsic motivation to be physically active by meeting the psychological needs for autonomy, competence, and relatedness

(Coleman, Geller, Rosenkranz, & Dzewaltowski, 2008; Deci & Ryan, 1985; Ryan & Deci, 2000, 2007; Huang et al., 2012; Sallis, Prochaska, & Taylor, 2000; Sharpe, Forrester, & Mandigo, 2011; Trost, Rosenkranz, & Dzewaltowski, 2008; Weaver, Beets, Webster, Beighle, & Huberty, 2012; Weaver, Beets, Webster, & Huberty, 2014; Wilson et al., 2011; Zarrett et al., 2012; Zarrett et al., 2015)

- Empower peer leaders to support younger students

(Wiecha et al., 2011)

3 INTERACTIVE STATIONS (6 MIN ROTATIONS)

Yoga
Activities



Obstacle Course
Challenge



Jump Rope
Activities

REFLECTIONS & RESOURCE PACKET

Implementation in your district/school

- Opportunities
- Challenges
- Questions/comments

Resource Packet

- Background info
 - Childhood obesity statistics
 - Physical activity guidelines and benefits
 - Afterschool program statistics
- Physical activity lesson plans
- References
- 2011 HEPA Standards (Wiecha et al., 2011)
- Strategies for Supporting Quality Physical Education and Physical Activity in Schools (CDC, 2014)