

## **Out-of-School Time Physical Activity (PA) Programming**

The PA program will include the following four components

- Opportunity to learn and participate
- Meaningful content
- Appropriate instruction
- Student and program assessment where appropriate

The PA program will help students develop

- Health-related fitness
- Physical competence
- Cognitive understanding
- Positive attitudes about physical activity

### **Opportunity to Learn and Participate**

- All students involved in the class time are required to participate
- Instructional period totaling 90 minutes a week, preferably two 45 minutes time periods
- Physical activity class size consistent with that of other subject areas
- Adequate equipment and facilities

### **Meaningful Content**

- Written age appropriate curriculum/lessons/program such as:
  - SPARK – afterschool program [www.sparkpe.org](http://www.sparkpe.org)
  - CATCH – afterschool program [www.catchinfo.org](http://www.catchinfo.org)
  - ReCharge Energizing After-School (Action for Healthy Kids)
  - Fitness for Life [www.fitnessforlife.org](http://www.fitnessforlife.org)
  - Five for Life [www.focusedfitness.org](http://www.focusedfitness.org)
  - EPEC [www.epec4kids.com](http://www.epec4kids.com)
- Instruction on a variety of motor skills designed to enhance the physical, mental and social/emotional development of every child.
- Fitness education and assessment to help children understand, improve and /or maintain physical well-being
- Development of cognitive concepts about motor skill and fitness
- Opportunities to improve emerging social and cooperative skills and gain a multi-cultural perspective.
- Promotion of regular amounts of appropriate physical activity now and throughout life

### **Appropriate instruction**

- Full inclusion of all students involved
- Maximum practice and participation opportunities for class activities
- Well-designed lessons that facilitate student learning
- Physical activity not assigned as or withheld as punishment
- Regular assessment to monitor and reinforce student learning

### **Student and Program Assessment**

- Assessment is an ongoing
- Formative and summative assessment of student progress