

*Role of Schools
in
Promoting Youth Physical Activity*



Comprehensive School-Based Physical Activity Program*



Components include:

- Quality physical education
- Daily recess period
- Activity breaks throughout the day
- Intramural sports
- Interscholastic sports
- Walk- and bike-to-school programs
- Staff wellness and involvement
- Family and community participation



* National Association for Sport and Physical Education. Comprehensive School Physical Activity Programs Package; 2008.



What is Quality Physical Education?



Quality physical education provides:

- Opportunity to learn
- Meaningful content
- Appropriate instruction
- Enjoyable experience for all students
- Meets the needs and interests of all students
- Keeps students active for most of class time

Policy Recommendation: Schools should require daily physical education for students in kindergarten through grade 12¹

- Elementary school = 150 minutes per week
- Secondary schools = 225 minutes per week

* National Association for Sports and Physical Education. Moving into the Future: National Standards for Physical Education, 2nd ed;2004.



Recess

- Opportunity to participate in free-time physical activity and practice skills learned in physical education classes
- Enhances cooperation and negotiation skills
- Improves attentiveness, concentration, and time-on-task in the classroom



Policy Recommendation: Schools should provide at least 20 minutes of recess per day, in addition to physical education classes¹



- Independent of physical education and recess
- Can enhance positive classroom behavior of students
- Incorporates activity in the classroom as part of planned lessons

Physical Activity Break Ideas: Ask students to identify and act out action words from a story through physical activity or take a walk outside as part of a science class.



Intramural Sports



- Can be offered before, during, and after school
- Provide students with a choice in activities
- Offer every student an equal opportunity to participate regardless of ability level
- Incorporate lifetime physical activities like walking, running, hiking, swimming, tennis, dancing, and bicycling



Interscholastic Sports



Help establish cooperative and competitive skills¹

Help students learn sport-specific and performance-based skills

May be related to higher levels of overall physical activity²

Associated with improved mental health and reduction in some risky health behaviors³⁻⁴



1. National Association for Sports and Physical Education. Eight Domains of Coaching Competencies;2006.
2. Pediatr Exerc Sci 1998;10:378–86.
3. Arch Pediatr Adolesc Med 2000;154:904–11.
4. The President's Council on Physical Fitness and Sports. Research Digest 1997;2:1–12.



Activity Recommendation: Schools should participate in *International Walk to School Week* and support ongoing walk and bike to school programs.

Resources:

1. *Safe Routes to Schools*
2. *Walking School Bus*
3. *KidsWalk Guide*



Thanks!

