

Physical Activity Recommendations for Out-of-School Programs

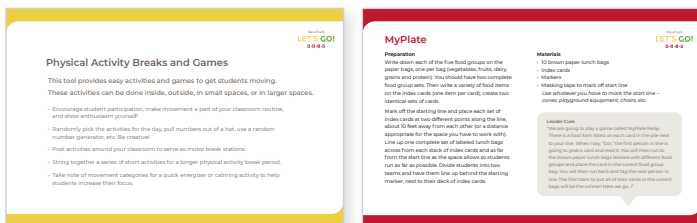


Planning program time to include regular physical activity is a great way to engage youth in your program. Physical activity is anything that moves your body and burns calories. This includes things like walking, climbing stairs and stretching.

PHYSICAL ACTIVITY RECOMMENDATIONS

- Provide at least 10 minutes of physical activity for every hour of program time
 - 50% of time being physically active – should be moderate to vigorous activity
- Definition:
 - Moderate intensity – your heart will beat faster and you'll breathe harder than normal, but you'll still be able to talk
 - Vigorous activities will push your body a little further. You might begin to sweat and you won't be able to talk much without getting out of breath.
- Use a Mix of:
 - Structured activities and games (adult & youth led)
 - Unstructured activities and games (self-directed)
 - Active time inside
 - Active time outside
- Ensure:
 - Layout of indoor and outdoor spaces allow for youth to be physically active
 - Equipment and activities are appropriate for a wide range of ages and abilities
 - Activities are modified or adapted to include youth of all ages and abilities
 - Directions and expectations for physical activities are shared both verbally and visually
 - Youth have access to all physical activity spaces during unstructured program time
- Partner with students to create and share behavioral expectations/group agreements that promote a positive environment for physical activity
- Encourage staff to lead and participate in physical activities and games
- Prohibit staff from using or taking away physical activity time as a form of punishment

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