

THE STANDARD

Our organization and staff create a social environment (including positive relationships among staff, youth, families, and community) that encourages youth to enjoy and participate in physical activity.

RATIONALE

Why is this Standard important?

Research shows that young people's physical activity choices are influenced not only by preference and familiarity, but also by social factors including peers, role models, group dynamics, and having multiple options.

NAA Healthy Eating & Physical Activity Standards

Learn more:

- [Physical Activity Where Kids Live, Learn, and Play](#)
- [Social Support for Physical Activity](#)

BEST PRACTICES

Achieve this Standard through these best practices

- Staff leads and participates in active play (e.g. games and activities).
- Staff does not withhold or use physical activity as a reward or punishment.
- Youth participate in activity selection, organization, and leadership.
- Educational materials about physical activity are made available to parents/families through pamphlets, newsletters, email blasts, etc.
- Parent/family/community events incorporate physical activity.
- Our program's physical activity standards and practices are shared and discussed during parent/family/community meetings.
- Our program develops family advisory groups and/or community network groups to support physical activity in the community and at home.

EXAMPLE OF ACHIEVEMENT

What does achieving Physical Activity 03 look like?

Horton's Kids, an afterschool, academic enrichment program based in Washington, D.C., provides one-on-one tutoring, healthy cooking classes, and career services to over 300 children and their families annually. Given the program's emphasis on academics, it seemed unrealistic to set aside a large period of time for physical activity every day. Instead, the Horton's Kids staff created a deck of physical activity break cards that allows students to select a card and perform its corresponding exercise in between every class lesson. This ensures that students participate in 30 minutes of moderate to vigorous exercise every day and breaks up long periods of inactivity. Horton's Kids encourages staff members to take part in these exercise breaks so that they model happy and healthy living to their students. Each card reinforces the broader goals of Horton's Kids by incorporating academic enrichment, for instance with trivia, and by promoting developmental skills, such as leadership and collaboration.

ACTION STEPS

Consider action planning with these steps

- Ensure all staff are familiar with the importance of 60 minutes of moderate to vigorous physical activity per day
- Ensure all staff understand the importance of engaging families and the community
- Create opportunities for youth to understand the importance of physical activity (e.g. town hall discussion with staff)
- Facilitate a discussion with programmatic staff and youth leaders to brainstorm past successes in working with families and how this can be applied to promotion of physical activity
- Create a list of ways you currently communicate with families and community members
- Explore Alliance-recommended resources to create a “go-to” list of places (websites, books, agencies, etc...) where you can find helpful and accurate information about physical activity
- Brainstorm the first opportunity to incorporate physical activity into an upcoming family or community event

RECOMMENDED RESOURCES

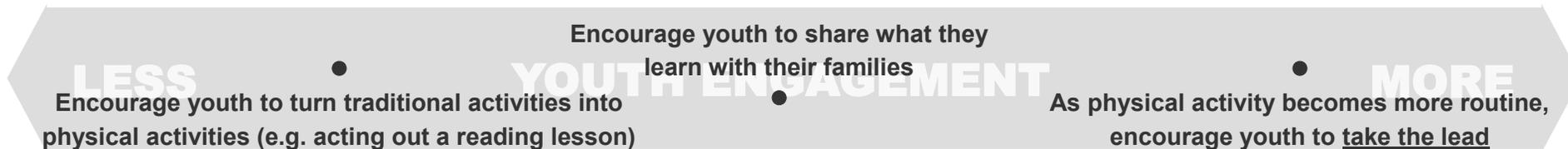
- [Food and Fun Parent Handouts](#)
- [Alliance for a Healthier Generation Fitness Trail Stations](#)
- [Move and Crunch Challenge](#)
- [CANFIT 99 Ways](#)
- [BodyWorks](#)
- [Weigh In](#)
- [GO FAR \(Go Out for a Run\)](#)
- [Peaceful Playgrounds](#)
- [Be Well Book](#)

Visit the [Healthy Out-of-School Time Resource Database](#) to read descriptions about these resources and find out about possible discounts.

HOST.HealthierGeneration.org

YOUTH ENGAGEMENT

Consider engaging youth in your action plan



TIPS

- Consider how you might infuse physical activity into staff, site, and family events and daily routine
- Start small and use simple activities
- Physical activity does not have to include equipment
- Keep instructions brief and concise
- Stay positive, have fun, and don't give up
- Focus on activities that youth enjoy and are likely to do at home, especially with their families
- Ask staff and youth when is the best time to utilize physical activity breaks during the day/programming
- Clearly explain how and why you're doing a physical activity each time you do it
- Keep families updated on healthy changes being made at the site
- Create opportunities for families to be involved in decisions related to physical activity programming
- Provide families with questions and prompts to help them discuss the importance of physical activity while at home
- Send home simple physical activities that children can share with their families (e.g. examples of short physical activity breaks)

REFLECTION

- Are you ready to add Physical Activity 03 to your action plan as a key wellness goal?
 - If yes, what specific steps will you put on your action plan?
 - Have you engaged all essential stakeholders, including youth?
 - Have you and these stakeholders reflected and discussed the importance of the goal?
 - Have you been successful in communicating with the families of your program's participants?
 - How might you build on those successes as you promote physical activity?
 - Are there new or different ways you can communicate?
 - Have you researched potential resources in the Healthy Out-of-School Time resource database and in your community?
- If you are not ready to address Physical Activity 03, will you consider addressing it mid-year, over the summer, or next school year?
 - Which action steps will help you make progress in the meantime?
 - How can you build support with stakeholders over the next year?