



BEFORE AND AFTER-SCHOOL ACTIVITIES

The Society of Health and Physical Educators (SHAPE America) recommends that school-aged children get **60 minutes of moderate to vigorous physical activity every day**. Schools can increase students' daily physical activity levels by incorporating more movement into out-of-school time programs through intramural activities like sports and clubs or through walk and bike to school programs. Before and after-school activities like these provide parents and other community members with many ways to get involved.

Out-of-School Time Programs

Many schools offer "out-of-school" time (OST) programs including Extended Learning Opportunities (ELO) for academic support and enrichment and School-Age Child Care (SACC) to support working parents. The National Afterschool Association (NAA) recommends that programs devote at least 20 percent or 30 minutes of before or after-school program time to physical activity, and that both strengthening and aerobic activities be included. If your school's program does not meet these standards, try working with the program director to add more movement. The YMCA and Boys & Girls Clubs partner with schools in some areas. CATCH Kids Club, SPARK PE, Playworks and Focused Fitness all have program materials and/or trainings to strengthen your existing program.

Intramural Activities

Before and after-school intramurals can tap into family and community expertise to encourage student involvement:

- **Start an exercise club** focused on whatever you enjoy: walking, running, volleyball, yoga, karate — the possibilities are endless.
- **Look for a teacher or other volunteer** willing to lead simple dance classes.
- **Find a retired coach or athlete** to officiate intramural sporting events.
- **Ask community bicycle club members** to meet after school and talk to kids about bicycle safety and hold a bike rally once a month.
- **Ask your school to open up the gym** — line students up and get active with fun and easy exercises.
- **Bring in an established program** through your parks and recreation department or any local business or organization like yoga, Zumba, martial arts, etc.



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Tips for Success

Intramural Programs

- Ensure participation in activities and events is voluntary.
- Give every student an equal opportunity to participate regardless of ability or special needs.
- Involve students in selecting and planning activities.
- Promote activities to students and families through flyers, newsletters and website.
- Make sure activities meet district guidelines for supervision and facility maintenance.

Walk and Bike to School Initiatives

Concern for safety is a major reason kids don't walk to school. Organize your school's participation in National Walk to School Day in October and Bike to School Day in May. Start a Walk or Bike to School program. Effective programs address safety concerns by:

- Encouraging children to walk in groups and organizing responsible adults to accompany them.
- Teaching safe pedestrian behavior on the way to school.
- Empowering neighborhoods and local agencies to work together to identify and create safe routes to school.
- Partnering with Police to enforce speeds in the neighborhood.
- Providing crossing guards for the walk to and from school.

Developed with support from parents, schools, community leaders and local governments, Safe Routes to School programs work to improve safety and accessibility around schools to make walking and biking to school more appealing for families. Check out your state Department of Transportation to see if they offer Safe Routes to School (SRTS) funding and resources.

Resources

Action for Healthy Kids Game On Activities

actionforhealthykids.org/game-on-activity-library

Activity Clubs

Fitness Classes

Open Gym

Intramural Programs

Walking Programs

Walking Trails with Fitness Stations

Open Facility to Community

Out-of-School Time Programs

YMCA: ymca.net

Boys & Girls Clubs: bgca.org

START A WALKING OR RUNNING CLUB

Make it simple

Ask the principal, a teacher or other adult to lead students on a regular morning walk or run, or check out some of these established programs to bring to your school:

- **100 Mile Club:** 100mileclub.com
- **Just Run:** justrun.org
- **Girls on the Run:** girlsontherun.org



In 1969, 48% of children 5–14 years old walked or biked to school. By 2009, that number had decreased to 13%.¹

¹See ActionforHealthyKids.org/References

CATCH Kids Club: catchinfo.org

SPARK PE: sparkpe.org/curriculum/sparkcurriculum-after-school-curriculum/

Playworks: playworks.org/services/

Focused Fitness Fab 5: focusedfitness.org

Walk and Bike to School

National Walk or Bike to School Day: walkbiketoschool.org

Safe Routes Partnership: saferoutespartnership.org/safe-routes-school

National Center for Safe Routes to School: saferoutesinfo.org

Walking School Bus or Bicycle Train: walkingschoolbus.org

AFHK Game On Safe Route Activities:
actionforhealthykids.org/safe-routes



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