

# COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

Schools and communities have the potential to improve the health of young people by providing instruction, programs, and services to promote enjoyable, lifelong physical activity. The CDC *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People* recommends that schools adopt a comprehensive approach to physical activity. NASPE defines a Comprehensive School Physical Activity Program (CSPAP) as encompassing physical activity before, during, and after the school day. NASPE recommends that a CSPAP include:

## 1. Quality physical education.

- Daily Physical Education
- Physical Education Curriculum
- Student Assessment Aligned with Instruction
- Certified Physical Education Teacher Providing Standards-Based Instruction
- Appropriate Pupil-Teacher Ratio
- Adequate Equipment to Promote Maximum Practice Time

## 2. School-based physical activity opportunities.

- Health education instruction that includes the topic of physical activity
- Providing a “break” from sedentary activities in the classroom
- Providing students with at least 20 minutes of recess/free time each day
- Offering intramural sports before the school day begins, or after the school day ends
- Offering interscholastic sports in addition to intramural programs
- Encouraging students and staff to take active transport to school
- Offering a wide variety of activities, both competitive and cooperative

## 3. School employee wellness and involvement.

- Worksite wellness policies and programs (all staff)
- Professional development (health and physical education teachers)

## 4. Family and community participation.

- Encourage activities that include families before, during, and after the school day
- Provide parents with information about the importance of physical activity
- Collaborate with community providers

# COMPREHENSIVE SCHOOL NUTRITION PROGRAM

Schools and communities have the potential to improve the health of young people by providing instruction, programs, and services to promote enjoyable, lifelong healthy eating. The CDC *Guidelines for School and Community Programs to Promote Lifelong Healthy Eating Among Young People* recommends that schools adopt a comprehensive approach to nutrition which encompasses before, during, and after the school day.

## 1. Policy

- Adequate health education instruction that includes the topic nutrition education
- Nutrition standards for all foods served in schools
- Discourage teachers from using food as reward or discipline
- School breakfast program
- Provide adequate time and space for students to eat meals in a safe, pleasant environment
- Establish links with professionals who can provide counseling for nutritional problems, refer families to nutrition services, and plan health promotion activities for staff

## 2. Curriculum for Nutrition Education

- Daily skill-based health education instruction
- Curriculum that is sequential from pre-school to 12<sup>th</sup> grade aligned with the National Health Education Standards
- Certified health education teacher providing standards-based instruction
- Appropriate pupil-teacher ration

## 3. Integration of School Food Services and Nutrition Education and Other Health Programs

- The school cafeteria provides a place for students to practice healthy eating. To aid in this, school food service personnel can:
- Make sure meals meet Dietary Guidelines for America
- Coordinate activities with classroom and physical education teachers and other staff
- Involve students in planning school menu and preparing recipes
- Help school access and assess community public health and nutrition services
- Post nutrition fliers in the cafeteria
- Keep health education teachers, health service providers, administration, and other staff informed about the importance of healthy meals

## 4. School employee wellness and involvement.

- Worksite wellness policies and programs (all staff)
- Professional development (health and physical education teachers)

## 5. Family and community participation.

- Encourage activities that include families before, during, and after the school day
- Provide parents with information about the importance of physical activity
- Collaborate with community providers