Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A **Comprehensive School Physical Activity Program** (CSPAP) provides a national framework for school-based physical education and physical activity. A CSPAP provides strong coordination for five components: physical education, physical activity during school (recess and classroom physical activity), physical activity before and after school, staff involvement, and family and community engagement.

**Ideas for Parents**

Ideas for Parents provides information and suggestions for how parents can get involved in the following aspects of a comprehensive school physical activity program:

- Physical education
- Student fitness assessments
- Recess
- Classroom physical activity
- Physical activity before and after school
- Staff involvement