

What is a Comprehensive School Physical Activity Program?

Audio Descriptive Text

Title: Chapter 1. Introduction; Course Objectives. Report cover of Comprehensive School Physical Activity Programs: A Guide for Schools. Title: Chapter 1. Introduction; What is a Comprehensive School Physical Activity Program? Image of the WSCC model with the Physical Education and Physical Activity slice popped out. Active Child icon. Report cover of Comprehensive School Physical Activity Programs: A Guide for Schools. CDC logo and SHAPE America logo. Report cover of Comprehensive School Physical Activity Programs: A Guide for Schools.

Video Summary

- A multicomponent approach for schools and districts to use all opportunities for students to be physically active, meet the national recommendations for physical activity each day, and develop knowledge, skills, and confidence to be physically active for a lifetime.
- Step-by-step guidance on how to develop, implement, and evaluate comprehensive physical activity programs.
- Process to ensure sustainability of all components of a Comprehensive School Physical Activity Program.

Audio Script

Physical education and physical activity is one of the components in the Whole School, Whole Community, Whole Child framework, which strives to promote lifelong healthy behaviors in young people through a coordinated effort.

This component can be addressed in schools through a Comprehensive School Physical Activity Program. A Comprehensive School Physical Activity Program is a multicomponent approach by which schools and districts use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime.

CDC, in collaboration with SHAPE America: the Society of Health and Physical Educators, developed the *Comprehensive School Physical Activity Programs: A Guide for Schools* to provide schools and districts with step-by-step guidance on how to develop, implement, and evaluate comprehensive physical activity programs. The purpose of going through the process of establishing a Comprehensive School Physical Activity Program is to ensure sustainability of all its components.