

Component 3: Physical Activity Before and After School

Audio Descriptive Text

Title: Chapter 3. Comprehensive School Physical Activity Programs; Component 3: Physical Activity Before and After School. Graphic of multi-component approach showing 60 minutes encompassing Staff Involvement, Physical Activity During School, Physical Education, Physical Activity Before and After School, and Family and Community Engagement, with emphasis on Physical Activity. Highlight Physical Activity Before and After School image. Active Child icon.

Video Summary

- Before- and after-school physical activity programs offer students an opportunity to be physically active.
- Opportunities for before- and after-school physical activity include walking and biking to school, intramural sports, and interscholastic sports.

Audio Script

Before- and after-school physical activity programs offer students an opportunity to be physically active instead of waiting in a sedentary setting for the school day to begin or end. This includes opportunities such as walking and biking to school, intramural sports, or interscholastic sports.

Physical activity before and after school provides opportunities for all students to:

- Practice what they have learned in physical education.
- Work toward the nationally recommended 60 minutes of daily physical activity.
- Become more adequately prepared for learning.
- Engage in safe, social, and supervised activities.
- Identify activities they enjoy and might engage in long-term.