

Component 5: Family and Community Engagement

Audio Descriptive Text

Title: Chapter 3. Comprehensive School Physical Activity Programs; Component 4: Family and Community Engagement. 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 Family and Community Engagement. Active Child icon.

Video Summary

- A fully comprehensive physical activity program engages families and the community.
- Youth participation in physical activity is influenced by participation and support of parents and siblings.
- Community involvement allows maximum use of school and community resources.

Audio Script

A fully comprehensive physical activity program goes beyond the school's walls to engage families and the community to be active during the school day and beyond.

Research shows that youth participation in physical activity is influenced by participation and support of parents and siblings.

In addition, community involvement allows maximum use of school and community resources and creates a connection between school and community-based physical activity opportunities.

Now that we have developed an understanding of the components for a *Comprehensive School Physical Activity Program*, let's review.