

Step 5: Identify and Plan Activities

Audio Descriptive Text

Title: Chapter 4. Establishing a Comprehensive School Physical Activity Program; Step 5: Identify and Plan Activities. Active Child icon. CSPAP page 63 table, with columns for Identify Tasks, Activities or Strategies; Who Will Lead Task; Start Date; Deadline; Necessary Resources; Potential Barriers, and Communication Strategies. Highlighting columns as narrated.

Video Summary

- Identifying activities involves identifying resources and selecting activities.
- Identifying activities also involves identifying times to schedule activities, identifying spaces and facilities, and identifying activity leaders.
- Planning includes developing a budget, sustainability strategies, and communication and marketing strategies.

Audio Script

Once the Physical Activity Leader and committee have completed and interpreted the assessment results, developed a vision of what your program will look like, identified goals and objectives, and determined the desired outcomes, it is time to identify and plan the activities for your Comprehensive School Physical Activity Program.

Identifying and planning activities involves:

- Identifying resources.
- Selecting activities.
- Identifying specific times to schedule physical activities.
- Identifying activity spaces and facilities.
- Identifying activity leaders.
- Developing your budget.
- Developing sustainability strategies.
- Developing communication and marketing strategies.