

## Goals

### Audio Descriptive Text

Title: Chapter 3. Comprehensive School Physical Activity Programs; Goals. 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.

### Video Summary

- For school districts and schools to use all opportunities for students to be physically active.
- For students to meet the nationally-recommended 60 minutes of physical activity each day.
- For students to develop the knowledge, skills, and confidence to be physically active for a lifetime.

### Audio Script

The goals of a Comprehensive School Physical Activity Program are:

- For school districts and schools to use all opportunities for students to be physically active.
- For students to meet the nationally-recommended 60 minutes of physical activity each day.
- For students to develop the knowledge, skills, and confidence to be physically active for a lifetime.

Students can accumulate the recommended 60 minutes of physical activity through the components of a Comprehensive School Physical Activity Program.