



Indiana
Department
of
Health

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

BEFORE AND AFTERSCHOOL PHYSICAL ACTIVITY

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OUR MISSION:

To promote, protect, and improve the health and safety of all Hoosiers.

OUR VISION:

Every Hoosier reaches optimal health regardless of where they live, learn, work, or play.



IDOH, DNPA Introduction



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Coordinator



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Objectives

- Benefits of programming in before and afterschool settings
- Schools and Youth-Serving Organizations support
- Shared Use Agreement Opportunity
- Before and afterschool PA program examples
- Resources



Benefits of Offering Programs

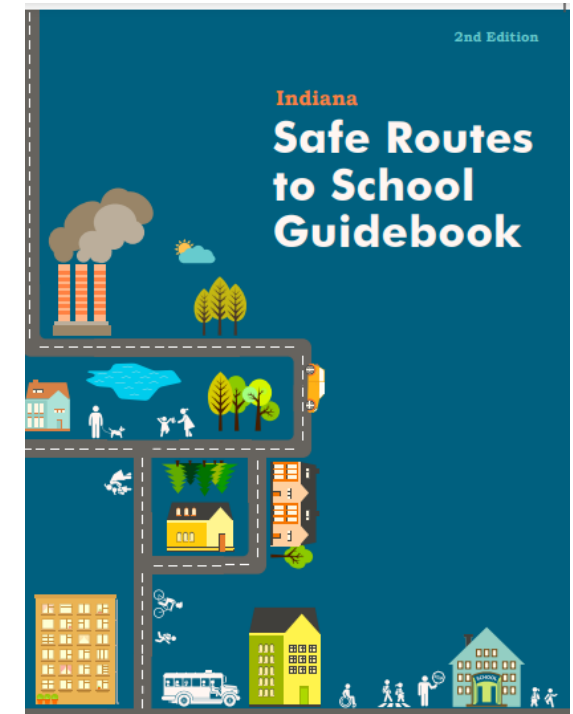
- Physical activity before and after school provides opportunities for all students to: Practice what they have learned in PE class
 - Work toward the nationally recommended 60 minutes of daily physical activity
 - Become more adequately prepared for learning
 - Engage in safe, social, and supervised activities
 - Identify activities they enjoy and might engage in long-term



Program Examples

What physical activities can schools offer before and after school?

- Physical activity clubs and intramural programs that offer a variety of activities (i.e.: run clubs, yoga clubs, dance)
- Informal recreation or play in the gymnasium and/or on school playgrounds and basketball courts
- Walk and Bike to School programs such as Safe Routes to School
 - Check out IDOH, DNPA's SRTS Guide here:
https://www.in.gov/health/dnpa/files/19_Safe-Routes-to-School-PRINT_.pdf



Successful Afterschool Program

Coordinated Approach to Child Health (CATCH)'s CATCH Kids Club (CKC):

- A physical activity and nutrition education afterschool program designed for elementary- and middle school-aged youth composed of nutrition education (including snack activities) and physical activity
- Program offers an easy-to-use format that both youth and staff enjoy
- For more information on CKC visit:
<https://letsgo.catch.org/pages/kids-club>



Youth-Serving Organizations' Support

- Boys & Girls Clubs of America, YMCAs, Community Centers, Summer Camps
- The hours leading up to the start of the school day and after are opportune times for organizations to become involved
- Showcases importance of living a healthy lifestyle in different ways other than participating in sports
- Provides families with school involvement opportunity and increased physical activity
- Helps with peer support, sense of belonging, confidence, mental health, academics
- Activities should be fun, adaptable, and accessible for all students and instructors



**BOYS & GIRLS CLUBS
OF AMERICA**

Support from Schools

- Showcases schools and school staff as leaders in student health
- Improves partnerships among schools, local municipalities, parents/guardians and other community groups
- Gives students the knowledge and skills to participate in a lifetime of physical activity
- Increases academic achievement
- Limits behavioral issues in the classroom
- Encourages peer-to-peer learning
- Supports students' social emotional wellbeing, sense of belonging, and overall confidence



Shared Use Agreement

- Allows for playgrounds and gymnasiums to be unlocked after school hours for the neighborhood for access for activities such as:
- Zumba and yoga classes, basketball, martial arts
- Agreements between school districts and cities to provide facilities for sports leagues and swimming
- Inclusive and easy way to implement in low-income and rural areas with limited resources and to engage families and students in physical activity

Resources

- IDOH, DNPA's Healthy Schools Toolkit: <https://www.in.gov/health/dnpa/files/5.25.22-Healthy-Schools-Toolkit.pdf>
- Indiana Afterschool Network: <https://www.indianaafterschool.org/>
- National Afterschool Association: <https://naaweb.org/>
- National Center for Safe Routes to School: <https://www.saferoutesinfo.org/>
- Healthy Eating Physical Activity (HEPA) 2.0 Assessment Tool for Out-of-School Time: https://www.healthiergeneration.org/sites/default/files/documents/20181001/32261cd5/HEPA_Standards_2018_Self-Assessment_Tool-Editable.pdf

Presentation Survey

Link to survey: https://newteachercenter.co1.qualtrics.com/jfe/form/SV_3VDWC8UMGDSGGBs

Questions?

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