Strategy 8

**Before or After School Activities “Snapshot”**

**Description:** This goal is to have organized and appealing activities for students, staff, and family members before and after school in addition to intramural sports to keep them physically active.

**Resources Needed:**

<table>
<thead>
<tr>
<th>Funding</th>
<th>Staff Time</th>
<th>Prep Time/ Materials</th>
<th>Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervision, if needed to meet district safety requirements.</td>
<td>Required district supervision of facilities.</td>
<td>Varies with the activity.</td>
<td>None</td>
</tr>
</tbody>
</table>

**Facilities and Equipment Needed:**

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Equipment</th>
<th>Set up / take down time</th>
<th>Transportation</th>
<th>Custodial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies with the activity.</td>
<td>Appropriate for provided activity.</td>
<td>Appropriate to get the facility back to before the activity.</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

**Evaluation:** Increase in the number of students participating in activities before and after school.

**Description and Rationale**

School districts can implement a wide variety of before- and after-school programs, in addition to intramurals, that include physical activity for students and perhaps their families. These can include school-community recreation, community education, 21st Century Community Learning Centers, and related education-focused programs. These may be run or supported by the school district alone or in partnership with a variety of community organizations. After-school programs also include programs run in the school building by independent community organizations, such as YMCAs, Boys and Girls Clubs, and others. Implementing these in the schools make access easier for many students. Use of school facilities and equipment for organized programs that include physical activity during the before- and after-school hours can help students meet the goal of 60 minutes of physical activity per day.

After-school programs help students meet NASPE Standard 3: Participates regularly in physical activity; Standard 4: Achieves and maintains a health-enhancing level of physical fitness; and Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
**Action Steps**

- Survey students to find what activities they would like to participate in outside of the school day.
- Once activities have been identified, establish what facilities and equipment will be utilized and what outside organizations might also be involved.
- Establish the district’s policy for supervision of the activities and facilities.
- Develop or expand partnerships with community organizations to assist in planning and delivering before- and after-school programs that include physical activity.
- Survey staff as to their willingness to assist with this supervision.
- Establish a budget if funds are needed to reimburse staff or community organizations.
- Set fees to meet budgetary needs.
- Set any limitations to participants (students, adults, age limits).
- Establish a schedule for activities and supervision.
- Use district and community communication channels (websites, school newsletter, etc.) to promote the program to students and families.

**Examples**

Madison Metropolitan School District:
School and Community Recreation

- **Middle school programs**: http://www.mscr.org/contentPage.cfm?ID=388

Sheboygan Area School District: K–12 recreation programming
http://www.sheboygan.k12.wi.us/recreation/activities.html
Resources


National Football League “Play 60.” http://www.nflrush.com/play60


