

## My Action Plan, for user: slaven

Generated on: Sunday, February 8th, 2015

### Goals

- Include 30 minutes of moderate physical activity for every child every day (include outdoor activity if possible).
- Offer 20 minutes of vigorous physical activity 3 times per week.
- Offer water as a beverage at snack every day.
- Do not allow sugar-sweetened drinks to be brought in during program time.

Goal 1: Include 30 minutes of moderate physical activity for every child every day (include outdoor activity if possible).

**Policy Action Step:** Make sure a schedule including 30 minutes of physical activity every day is posted

People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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**Write-in Policy Action Step:** asdfasdf

People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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**Practice Action Step:** Train staff on making active and efficient transitions from one activity (e.g. snack) to the next (e.g. outdoor free play)

People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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**Write-in Practice Action Step:** asfdsdf

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What barriers did you encounter in trying to complete this goal? How did you overcome those barriers?

Goal 2: Offer 20 minutes of vigorous physical activity 3 times per week.

**Policy Action Step:** Make sure the schedule that includes 20 minutes of vigorous physical activity is posted.

People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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**Policy Action Step:** Make sure that the schedule gives every group of children 20 minutes of vigorous physical activity at least 3 times per week

People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Policy Action Step:</b> Prohibit the withholding of gym or other active play time as a form of punishment. Come up with alternative consequences for children who misbehave.				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Practice Action Step:</b> Modify current favorite games to include more running, jumping or other high intensity actions.				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Practice Action Step:</b> Play outside as often as possibly- free play outdoors is a great way to get kids moving vigorously.				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Practice Action Step:</b> Seek out community partners with special skills to lead activity classes like hip-hop and kickboxing. This can give staff a break and get kids excited about something new.				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Practice Action Step:</b> Offer structured physical activity stations that kids can choose from. Resources: <a href="#">Food and Fun Unit 9</a>				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Practice Action Step:</b> Prohibit the withholding of gym or other active play time as a form of punishment. Come up with alternative consequences for children who misbehave.				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Practice Action Step:</b> Avoid elimination games (like dodge ball and Simon Says)- which may discourage kids from participating and limit the amount of physical activity everyone gets. Resources: <a href="#">Playworks</a>				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
<b>Communication Action Step:</b> Make sure staff knows what it means to be vigorously active- kids should be breathing hard and sweating. Running, jumping (e.g. jumping rope or jumping jacks) and dancing all get hearts pumping fast. Resources: <a href="#">Physical Activity Tip Sheet</a> and <a href="#">Food and Fun Unit 9</a>				
People involved <input type="text"/>	Target date for completion <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>

**Communication Action Step:** Make sure that your policies regarding physical activity are communicated to families and staff.

Resources: [Healthy Snacks and Beverages Resources Page](#)

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What barriers did you encounter in trying to complete this goal? How did you overcome those barriers? <input type="text"/>				

**Goal 4:** Do not allow sugar-sweetened drinks to be brought in during program time.

**Policy Action Step:** Formalize the practice of not allowing children to bring in sugary drinks by creating a policy and make sure the policy is enforced.

Resource: [Policy Writing Guide](#)

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**Policy Action Step:** Make a rule/policy that makes the vending machines are off limits to kids

Resource: [Policy Writing Guide](#)

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**Write-in Policy Action Step:** wgergregweg

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**Practice Action Step:** Make sure healthy beverages, like water, are always available!

Resource: [Tip Sheet](#)

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**Practice Action Step:** See if the vending machines can be turned off during program hours

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**Practice Action Step:** Get the vending machines stocked with healthier alternatives.

Resources: [Model Healthy Beverage Vending Agreement:](#)

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**Write-in Practice Action Step:** wergwerg

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**Communication Action Step:** Train staff about how important they are as role models, how much sugar is in drinks and what other flavorful, healthier options they have.

Resource: [Healthy Kids](#), [Healthy Staff Tip Sheet](#)

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**Communication Action Step:** Ban the use of sugary drinks as rewards or special treats for kids. Communicate this policy to program partners.

Resource: [Program Partner Letter](#) and [Healthy Celebrations](#)

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**Write-in Communication Action Step:** wergwerg

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What barriers did you encounter in trying to complete this goal? How did you overcome those barriers?