

## My Action Plan, for user: admin

Generated on: Wednesday, February 4th, 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.
- Limit computer and digital device time to homework or instructional only.
- Eliminate use of commercial broadcast TV/movies.
- Offer a fruit or vegetable option every day at snack.

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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**Policy Action Step:** Prohibit the withholding of gym or other active time as a form of punishment. Come up with alternative consequences for children who misbehave.

Resources: [Physical Activity Resources Page](#)

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 to continue guaranteed access by signing an MOU or Joint Use Agreement with others who use the space.

Resources: [Physical Activity Resources Page](#)

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:** Formalize the practice of staff joining in on physical activity by creating a policy that outlines your expectations for how staff will participate in PA

Resources: [Policy Writing Guide](#)

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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**Practice Action Step:** Seek out community partners with special skills to lead activity classes like hip hop and karate. 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"/>
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**Practice Action Step:** Use the Food & Fun Afterschool Curriculum to teach healthy behaviors through physically active lessons.

Resources: [Food and Fun](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
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**Practice Action Step:** Offer structured PA stations that kids can choose from. Allowing kids to make their own choices can spur participation.

Resources: [Food and Fun Unit 10 Obstacle Course](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
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**Practice Action Step:** Prohibit the withholding of gym or other active time as a form of punishment. Come up with alternative consequences for children who misbehave.

Resources: [Physical Activity Resources Page](#)

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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Practice Action Step:** Avoid elimination games (like dodge ball and Simon Says).- these may discourage kids from participating and limit the amount of PA everyone gets.

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Practice Action Step:** Offer PA at the start of your program, before it gets too dark or cold.

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
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**Communication Action Step:** Formalize the practice of staff joining in on physical activity by creating a policy that outlines your expectations for how staff will participate in PA

Resources: [Policy Writing Guide](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<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](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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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**Practice Action Step:** 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"/>
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**Practice Action Step:** 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"/>
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**Practice Action Step:** 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"/>
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**Practice Action Step:** Use the Food & Fun Afterschool Curriculum to teach healthy behaviors through physically active lessons.  
Resources: [Food and Fun](#)

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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**Communication Action Step:** 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: [Physical Activity Tip Sheet](#) and [Food and Fun Unit 9](#)

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**Communication Action Step:** Make sure that your policies regarding physical activity are communicated to families and staff.  
Resources: [Healthy Snacks and Beverages Resources Page](#)

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

**Goal 3:** Limit computer and digital device time to homework or instructional only.

**Policy Action Step:** Substitute other activities like art, music, outdoor playtime, reading, games, etc. Remove any non-academic computer time from the schedule.  
Resources: [Food and Fun](#)

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:** Create a policy that prohibits use of digital devices for non-instructional activities. Communicate this policy to children, families and staff.

Resources: [Policy Writing Guide](#)

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**Policy Action Step:** Remove TV/movie time from the schedule and replace it with other activities.

Resources: [Food and Fun](#)

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**Practice Action Step:** Substitute other activities like art, music, outdoor playtime, reading, games, etc. Remove any non-academic computer time from the schedule.

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**Practice Action Step:** Work to schedule more active time- whether it's taking a walk, having a dance class or trying a new game.

Resources: [Primary School](#)

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**Practice Action Step:** Be creative with alternative fun indoor activities like freeze dance, creating an obstacle course or doing an arts & crafts project. Work with the kids to create a list of "rainy day" activities that staff can use as a back-up plan

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