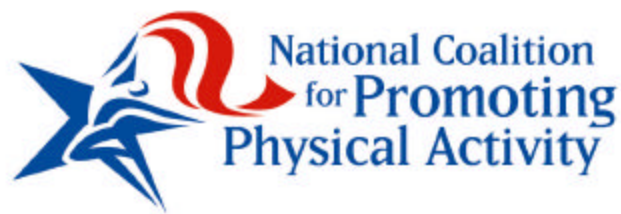


# **Physical Activity for Youth Policy Initiative**

*Presented by the*



*on behalf of the Physical Activity for Youth Steering Committee.*

## **AFTER-SCHOOL PROGRAMS: PHYSICALLY ACTIVE AFTER-SCHOOL PROGRAMS FOR EVERY CHILD**

### **RATIONALE:**

The time period intervening between the finish of the school day and the family's evening meal, typically 3 to 6 pm, provides a prime opportunity for children to engage in enjoyable, unstructured or structured physical activity. However, this is also a time during which many children engage primarily in sedentary pursuits such as TV watching, video games, and talking on the telephone. Insuring that each child receives at least thirty minutes of moderate to vigorous physical activity during the after-school time period would result in a marked increase in the percentage of young people who meet public health physical activity guidelines.

### **RECOMMENDED POLICY OPTIONS:**

1. Implement after-school physical activity programs that meet the needs and interests of all youth, including school sponsored sports.
2. Provide the appropriate training for volunteer coaches, parents, and other involved adults who are responsible for the delivery of organized youth sports programs.
3. Require state and federally sponsored youth development and early education programs to include opportunities for physical activity.

### **POLICIES IN ACTION:**

The following policies provide some examples of how the above policy initiatives regarding after-school programs have worked in action:

#### **U.S. Department of Education 21st Century Community Learning Centers (CCLC)**

The Department of Education provides grants for 21st Century Community Learning Centers that improve the education, health, social services, cultural, and recreational needs of the community. These centers often host after school or summer programs, for example:

##### *National City, California*

The school district, community-based organizations, and park and recreation department partnered to offer 21st CCLC activities to youth during after school hours at school sites. A site coordinator and coaches from the park and recreation department are at each school.

#### **Summer Camp Funds**

Alabama House Bill 269 makes an appropriation of funds from the Education Trust Fund to the YMCA Camp Cosby in Alpine, Alabama, for the support and maintenance of a program to provide year-round camping, recreation, and outdoor educational services to indigent children.

#### **Lottery Funds for Recreation**

For the past 19 years, Colorado Lottery proceeds have been used to enhance quality of life throughout the state. With the help of proceeds raised by the Lottery, thousands of parks, recreation

projects, and state facilities have become a reality, including recreational trails, campgrounds, public buildings, and recreation centers. In addition, Lottery proceeds have funded everything from conservation buffers around parks and communities, to open space acquisitions, to the recovery of threatened or endangered species.

### **New Mexico: Use of Tobacco Settlement Funds**

N.M. Stat. Ann 6-4-10 allows an appropriation of the tobacco settlement income fund to include public school programs including extracurricular and after-school programs designed to involve students in athletic activities.

### **Quality Sports Experience**

The National Alliance for Youth Sports in cooperation with the National Recreation and Park Association provides policy recommendations for communities in the planning and operation of their youth sports programs covering key issues such as the appointment of a trained youth sports administrator to oversee children's sports, training of volunteer sports administrators on the proper operation of a program, and behavior codes for parents acting as coaches.