Comprehensive School Physical Activity Programs

Overview

A Comprehensive School Physical Activity Plan (CSPAP) is a multi-component approach for schools to provide opportunities for students to be physically active for 60 minutes each day. Minutes add up by incorporating physical activity throughout the school day so students can achieve their 60 minutes of daily physical activity. A CSPAP has five main components: high quality physical education, physical activity during the day, physical activity before and after school, staff involvement, and family and community engagement.

Take Action

Create a CSPAP for your school or district to help students be active for 60 minutes each day!

- Identify a CSPAP committee or integrate the plan into the work of your school health team.
- Share with your district administration the importance of CSPAP and how it connects to academic achievement.
- Assess your existing physical activity opportunities to identify how many minutes of physical activity your school currently provides.

- Create a vision statement, goals, objectives and action plan. Use the Center for Disease Control & Prevention's CSPAP Guide for Schools for reference.
- Evaluate your CSPAP annually and make changes to your plan as needed.
- Incorporate Game On activities into your CSPAP to increase physical activity opportunities for students:
- Physical Education
    - Daily Physical Education
    - Avoiding PE Opt Out Waivers
    - Fitness Circuit Course
- Physical Activity During School
    - Active Learning Opportunities
    - Classroom Physical Activity Breaks
    - Fitness Classes
- Physical Activity Before and After School
    - Activity Clubs /Intramural Programs
    - Fitness Classes
    - Open Gym
- Staff Involvement
    - Healthy Staff Meeting
    - Staff Professional Development
- Family and Community Engagement
    - Family Fun Nights
    - Family Activity Points
    - Open Facility to Community/Joint Use Agreements

Tips

- Encourage staff to serve as active role models for students by participating with students.
- Provide ongoing professional development and resources to school staff members on relevant CSPAP activities.
- Ensure physical activity equipment at school is accessible and safe.
- Apply for a grant to support your physical activity efforts.

- Invite volunteers to join the CSPAP committee. Have volunteers help identify, plan, organize and provide support for Game On activities to incorporate into your CSPAP.

Additional Resources

Comprehensive School Physical Activity Programs: A Guide for Schools (Centers for Disease Control and Prevention)

Join the Active Schools movement (Active Schools)

CSPAP Improving Student Academic Achievement and Behavior (Kaiser Permanente)

Related Activities

Daily Physical Education

A quality PE program that meets national guidelines is the cornerstone for a physically active school and helps support improved classroom behavior, physical fitness, and standardized test scores.

Physical Activity Leaders (PAL) Club

The Physical Activity Leaders (PAL) club is an opportunity for older students to work with younger students on various physical activities and enhance their leadership skills.

Fitness Testing

Fitness testing is a great way to monitor and assess students' ability as it relates to aerobic fitness, strength, and flexibility.

Active Learning Opportunities

Incorporate physical activity before, during, and after the school day, as well as into daily lesson plans.