Beyond the Gym: A Look At the Comprehensive School Physical Activity Model

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SHAPE MT 2018

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This session will discuss strategies and programing that can be used create school wide atmospheres that foster the values of lifelong physical activity and health. The session will explore the different components of the Comprehensive School Physical Activity Model including ways to promote physical activity before and after school, increase opportunity for physical activity during school, and strategies for utilizing other school staff, families, and community in the mission to impact the lifelong health habits of students. Attendees will be encouraged to reflect on the benefits of a CSPAP as well as examine the barriers of such efforts. The session will be an opportunity to discuss and share ideas as well as a platform to brainstorm solutions for obstacles that may be encountered in implementing a CSPAP.



https://www.shapeamerica.org/cspap/what.aspx

Quality Physical Education

https://www.shapeamerica.org/upload/theessentialcomponentsofphysicaleducation.pdf

Before and after school

Fit kids clubs

Walking buddies

Testing work outs

Intramural sports

Walk to School Days

(equal opportunity)

Physical Activity During School

Recess

Morning announcements

Brain Energizers

SHAPE 150/Collaboration

Field day

Running and Walking clubs/Fitness Finders/Spring Runoff

Big Sky Fit Kids Day/ACES Day

National Physical Education/Activity month

Drop in Activity sessions/clubs

Staff involvement

Relationship

Weekly Fitness opportunities

Collaboration

Challenges

Social opportunities

Committee

SHAPE 150

staff meetings

Family and Community Involvement

Fun Run

Bike Rodeo

Jump Rope for Heart

Healthy Habits

Activity calendar

Family Game night

Open house

Guest speakers/activity sessions

Steps to Make it Happen

Step 1: Establish a quality physical education program

Step 2: Read the literature

Step 3: Involve like-minded professionals

Step 4: Develop a culture of sharing

Step 5: Identify and Delegate Responsibilities prior to Implementation

JOPERD August 2017