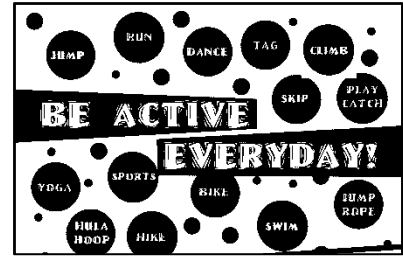


Comprehensive School Physical Activity Program: Connecting the Dots

Brief Description of Session

Thinking of implementing physical activity opportunities in your school, but not sure how? Want staff at school to connect the “physical activity dots” (academic success and movement) and have fun too? In this session, we will share the Comprehensive School Physical Activity Program (CSPAP) framework and discuss success stories from other schools. You will walk away with tools to begin creating a positive and productive learning environment for your school and your students!



Purpose

A [Comprehensive School Physical Activity Program](#) (CSPAP) reflects strong coordination and synergy across all of the components which include quality physical education, physical activity before and after school, physical activity during school, staff involvement, and family and community engagement.

Comprehensive School Physical Activity Program Description

A Comprehensive School Physical Activity Program is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components:

- Effective physical education
- Physical activity before and after school
- Physical activity during school
- Staff involvement
- Family and community engagement

Goals of a CSPAP are:

- To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day.
- To provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education so that all students will be fully physically educated and well-equipped for a lifetime of physical activity.

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