

## **CALIFORNIA DEPARTMENT OF EDUCATION**

### **Project:**

**A model after-school physical activity program**

### **Type:**

- Physical activity program
- Professional development

### **Setting:**

- School-based
- Community-based

### **Partners:**

- Local school district/school(s)

### **Goal:**

- To improve the quality and quantity of physical activity opportunities for youth in after-school programs.

### **Description:**

In partnership with the San Diego County Office of Education, the California Department of Education developed a model physical activity program for children ages 9-13 in after-school programs ([www.afterschoolpa.com](http://www.afterschoolpa.com)). The model program builds on the knowledge, skills, and attitudes taught in quality physical education programs and provides youth the opportunity to develop and practice leadership skills. The program was developed and field-tested in spring 2002, and training of after-school staff began in October.

### **Successes:**

- After-school care providers were given descriptions of physical activities and management strategies for using them. They acquired basic management tools and skills that are often lacking in after-school activities.
- Dissemination through a trainer-of-trainers strategy and the Internet makes materials available to a wide variety of people.
- Schools were allowed to retain physical activity equipment provided by the project during field-testing, thus addressing the large barrier to activity programming created by lack of equipment.

### **Challenges:**

- Some physical education teachers did not realize that other program personnel may not have important group management skills.
- The need to focus on delivery and management strategies for after-school providers was apparent.



### **Sustaining strategies**

- The trainer-of-trainers model will disseminate knowledge and allow programs to be rolled out on a variety of schedules. Pairing of physical educators and after-school staff trainers provides an accessible resource to the after-school staff.
- The program is available on the Internet ([www.afterschoolpa.com](http://www.afterschoolpa.com)) to ensure access by all after-school providers. Features of the website include:
  - Video clips of management, safety, and activity strategies to provide for maximum participation by students
  - Step-by-step activity guidelines (ready to print and use)
  - Management tips (including preparation for activity, grouping students, and managing equipment)
  - Equipment lists and resources.

### **Contact:**

Dianne Wilson-Graham  
California Department of Education  
(916)319-0280  
[dwilsong@cde.ca.gov](mailto:dwilsong@cde.ca.gov)  
[www.cde.ca.gov/cyfsbranch/lsp/health/](http://www.cde.ca.gov/cyfsbranch/lsp/health/)

