Physical Activity Recommendations for Out-of-School Programs

Planning program time to include regular physical activity is a great way to engage youth in your program. Physical activity is anything that moves your body and burns calories. This includes things like walking, climbing stairs and stretching.

**PHYSICAL ACTIVITY RECOMMENDATIONS**

- Provide at least 10 minutes of physical activity for every hour of program time
  - 50% of time being physically active – should be moderate to vigorous activity

  **Definition:**
  - Moderate intensity – your heart will beat faster and you’ll breathe harder than normal, but you’ll still be able to talk
  - Vigorous activities will push your body a little further. You might begin to sweat and you won’t be able to talk much without getting out of breath.

- Use a Mix of:
  - Structured activities and games (adult & youth led)
  - Unstructured activities and games (self-directed)
  - Active time inside
  - Active time outside

- Ensure:
  - Layout of indoor and outdoor spaces allow for youth to be physically active
  - Equipment and activities are appropriate for a wide range of ages and abilities
  - Activities are modified or adapted to include youth of all ages and abilities
  - Directions and expectations for physical activities are shared both verbally and visually
  - Youth have access to all physical activity spaces during unstructured program time

- Partner with students to create and share behavioral expectations/group agreements that promote a positive environment for physical activity
- Encourage staff to lead and participate in physical activities and games
- Prohibit staff from using or taking away physical activity time as a form of punishment

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