

# Comprehensive School Physical Activity Program (CSPAP)

CSPAP 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.<sup>1</sup>



## 5 Components of CSPAP<sup>2</sup>

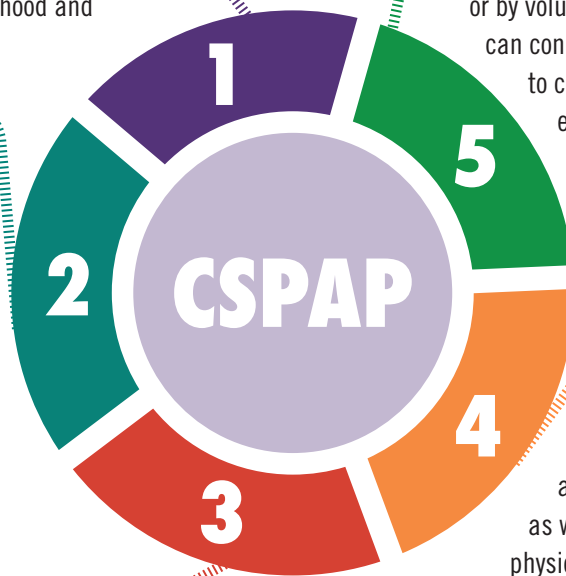
**1. Physical Education.** Physical education serves as the foundation of CSPAP. Students gain the needed knowledge and skills to help them establish and maintain physically-active lifestyles throughout childhood and adolescence and into adulthood.

**2. Physical Activity Before and After School.** Physical activity before and after school provides opportunities for all students to: 1) practice what they have learned in physical education; 2) work toward the nationally recommended 60 minutes of daily physical activity; 3) become better prepared for learning; 4) engage in safe, social, and supervised activities; and 5) identify activities they enjoy.

**3. Physical Activity During School.** Schools can offer physical activity in a variety of settings—recess or during breaks, integrated into classroom lessons, at lunchtime clubs or intramural programs—over the course of a school day.

**5. Family and Community Engagement.** Parents, guardians, or other family members can support CSPAP by participating in evening or weekend special events, or by volunteering at these events. Community involvement can connect school-based physical activity opportunities to community-based ones, leading to the establishment of joint-use or shared use agreements with schools and before- or after-school programs for students.

**4. Staff Involvement.** Teachers and other school staff members can integrate physical activity into classroom instruction and breaks, as well as support recess, intramurals, and other physical activity offerings. Additionally, school employees can be positive role models to students by demonstrating their own active lifestyle choices.



## Implementing CSPAP: The Process

- 1. Establish a CSPAP team and designate a physical activity leader (PAL).** This team should be a sub-committee of the school wellness committee. Ideally, the PAL should be a PE teacher.
- 2. Conduct an assessment of the existing school environment.** The School Health Index is recommended.
- 3. Develop an implementation plan.** Create a vision statement, goals, and objectives for the CSPAP. Then establish the next steps and time frame to achieve those objectives.
- 4. Implement the plan.** Make the agreed-upon changes to both the policy and school environment.
- 5. Monitor and evaluate implementation.** Update the plan annually.



Creating Healthy Schools and Communities

#### References:

1. National Association for Sport and Physical Education. Comprehensive school physical activity programs. Reston, VA: National Association for Sport and Physical Education; 2008. Available at [www.aahperd.org/naspe/standards/upload/Comprehensive-School-Physical-ActivityPrograms2-2008.pdf](http://www.aahperd.org/naspe/standards/upload/Comprehensive-School-Physical-ActivityPrograms2-2008.pdf)
2. Centers for Disease Control and Prevention. Comprehensive School Physical Activity Programs: A Guide for Schools. Atlanta, GA: U.S. Department of Health and Human Services; 2013