

PRNS Youth Program Physical Activity Standards

Introduction

Under the direction of the Parks, Recreation and Neighborhood Services (PRNS) Health & Wellness Policy Team and in accordance with the National AfterSchool Association (NAA) Physical Activity Standards, the PRNS Department has developed a comprehensive set of PRNS youth program physical activity standards based on best practice national guidelines. These standards were adopted from the physical activity standards set forth by the NAA for out-of-school time programs and additional improvements have been made to serve program standards for early childhood recreation, youth, and teen programs based on input provided by youth specialists of the PRNS Health & Wellness Policy Team.

This document is presented in three subsections (1A, 1B, and 1C) and applies to physical activity standards for PRNS youth programs. A separate document that details further background information and the implementation of these physical activity standards is also available.

Purpose and Impact

The Parks, Recreation and Neighborhood Services Department is committed to cultivating a healthy community and supporting healthy living for youth by ensuring that physical activity opportunities are not only offered through parks and dynamic spaces but also through leisure programs dedicated to youth. These PRNS youth program physical activity standards were developed:

- (1.) To confirm and ensure that physical activity opportunities offered in PRNS youth programs help meet updated, USDHHS physical activity guidelines;
- (2.) To promote physical activity in order to support lifelong health, as well as help replace and/or decrease daily screen time;
- (3.) To further the cultural shift in support of health and wellness within the city parks and recreation department system and to help serve as a model for other governmental jurisdictions and private sector businesses.

PRNS provides physical activity opportunities year round through programs in order to stimulate and engage youth. These opportunities include exercise, sports, games, and a variety of activities crafted to appeal to San Jose's diverse youth community. With over one hundred PRNS youth programs and classes offered, physical activity opportunities found in these programs serve as a means to help keep youth physically and socially active.

The PRNS department is taking a proactive approach in promoting physical activity through programs to not only continue building healthy residents and communities but also to aid in the

prevention of obesity and chronic diseases for youth in San Jose. The total annual cost to California for overweight, obesity and physical activity has been an estimated \$41.2 billion - \$21.0 billion for overweight and obesity alone.

Physical Activity Standards

These physical activity standards are based on, and follow the United States Department of Health & Human Services (USDA) *2008 Physical Activity Guidelines for Americans* and are also adopted from the National AfterSchool Association *Physical Activity Standards*. Standards specific to PRNS Early Childhood Recreation Programs (ECR) have also been modeled after *Early Childhood Physical Activity Guidelines* created by the National Association for Sport and Physical Education (NASPE). The PRNS Youth Program Physical Activity Standards have been developed for three different youth program environments: (1A) early childhood recreation programs, (1B) youth recreation programs, and (1C) teen recreation programs.

1A Early Childhood Recreation Program Standards

Content and Quality

Standard: The program's physical activity offerings support the USDHHS 2008 guidelines that all children and youth obtain at least 60 minutes of physical activity per day. The NASPE early childhood guidelines are also supported through the encouragement of practicing basic movement skills in a wide variety of activities and settings.

Best Practices

1. Dedicates a minimum of 20 minutes to physical activity for programs lasting < 3 hours, for classes with a duration \geq 3 hours a minimum of 40 minutes of physical activity will be offered
2. Offers a variety of physical activity both structured and unstructured that involve all program attendees
3. Offers indoor and outdoor areas that provide space to perform large muscle activities
4. Offers physical activity opportunities to help develop basic movement skills that may be building blocks for more complex movement tasks
5. Offers activities that are adaptable, accessible, and inclusive of children with all abilities
6. Provides short physical activity breaks between and/or within enrichment or recreation activities to invigorate children and eliminate long periods of sitting; children will not be sedentary more than 60 minutes at a time
7. Includes physical activity offerings through recreation that is fun and promotes life-long learning opportunities
8. Creates a social environment through physical activity by including positive relationships with staff and peers

Staff and Environmental Support

Standard: Staff promotes physical activity through recreation and ensures the program's physical environment supports the physical activity standards

Best Practices

All instructors leading physical activities in ECR classes:

1. Are knowledgeable in physical activity offerings and have the ability to integrate these activities to include all children regardless of physical, sensory, and intellectual ability
2. Are trained not to withhold opportunities for physical activity except when a child's behavior is dangerous to themselves or others
3. Are familiar with curricular resources on further integrating physical activity throughout their programs

The physical environment of the program provides:

1. Adequate indoor and outdoor facilities that meet safety standards to provide physical activity
2. Equipment to support meeting USDHHS physical activity goals and follow NASPE early childhood guidelines
3. Provides positive messages about safe physical activity through posters, pictures, and books

1B Youth Recreation Program Standards

Content and Quality

Standard: The program's physical activity offerings support the USDHHS 2008 guidelines that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.

Best Practices

1. Dedicates at least 30 minutes to physical activity for afterschool programs and a minimum of 60 minutes for a full day program
2. Provides physical activities in which students are moderately to vigorously active for at least 50% of the physical activity time
3. Play takes place outdoors whenever possible.
4. Ensures that daily physical activity time includes aerobic and age-appropriate muscle- and bone strengthening and cardio-respiratory fitness activities
5. Includes a variety of physical activity options aimed at engaging students in fun, recreational, and life-long learning opportunities
6. Offers unstructured free play or structured activities that involve all program attendees.
7. Offers non-competitive activities

8. Offers competitive physical activities
9. Offers activities that are adaptable, accessible and inclusive of children with all abilities, including physical, sensory and intellectual disabilities.
10. Conducts physical activities that are integrated with enrichment, academic, or recreation content; goal-driven, planned, sequentially designed and delivered, safe, inclusive, developmentally appropriate, and success-oriented
11. Provides short physical activity breaks between and/or within learning activities to invigorate children and eliminate long periods of sitting; incorporates physical activity into transition time
12. Does not permit access to television or movies (unless for enrichment purposes), and limits digital device time to less than one hour per day to allow for other activities. Digital device use is limited to homework or devices/programs that actively engage children in moderate to intense physical activity.
 - a. Program days where majority of the schedule is dedicated to television or movie leisure viewing are limited to **once** a month and should be followed after the daily physical activity guideline is met

Staff and Environmental Support

Standard: Staff promotes physical activity through recreation and ensures the program's physical environment supports the physical activity standards

Best Practices

All staff leading physical activities in youth recreation programs (afterschool and camps):

1. Are trained in implementing physical activity into youth recreation programs are effective in developing strategies for including physical activity that supports USDHHS guidelines as an element in their programs
2. Are trained in SPARK philosophy, games, and activates in order to help promote physical activity in their programs
3. Are trained in adapting physical activity opportunities to include children and youth at all levels of athletic availability and all levels physical, sensory, or intellectual ability
4. Are trained not to withhold opportunities for physical activity except when a child's behavior is dangerous to themselves or others. Staff is knowledgeable of alternate strategies as a consequence for negative and undesired behaviors

The physical environment of the program provides:

1. Equipment for games, sports and activities is age and developmentally appropriate.
2. Equipment is sufficient to engage all participants and meets all required safety standards
3. Equipment supports USDHHS physical activity goals by facilitating cardiorespiratory and musculoskeletal fitness.
4. The program has adequate indoor and outdoor facilities for physical activity, including fields and playgrounds that meet safety standards for surfacing, equipment, and workmanship.

5. The program environment provides positive messages about safe and developmentally appropriate physical activity through posters, pictures and books.

1C

Teen Recreation Program Standards

Content and Quality

Standard: The program's physical activity offerings support the USDHHS 2008 guidelines that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.

Best Practices

1. Dedicates an opportunity to at least 30 minutes to physical activity for afterschool programs and a minimum of 60 minutes for a full day program
2. Provides physical activities in which students are moderately to vigorously active for at least 50% of the physical activity time
3. Play takes place outdoors whenever possible.
4. Ensures that daily physical activity time includes aerobic and age-appropriate muscle- and bone strengthening and cardio-respiratory fitness activities
5. Includes a variety of physical activity options aimed at engaging students in fun, recreational, and life-long learning opportunities
6. Offers unstructured free play or structured activities that involve all program attendees.
 - a. Structured physical activity will take place at least **twice** a week
7. Offers non-competitive activities
8. Offers competitive physical activities
9. Offers activities that are adaptable, accessible and inclusive of teens with all abilities, including physical, sensory and intellectual disabilities.
10. Conducts physical activities that are integrated with enrichment, academic, or recreation content; goal-driven, planned, sequentially designed and delivered, safe, inclusive, developmentally appropriate, and success-oriented
11. Provides short physical activity breaks between and/or within learning activities to invigorate children and eliminate long periods of sitting; incorporates physical activity into transition time
12. Does not permit access to television or movies (unless for enrichment purposes), and limits digital device time to less than one hour per day to allow for other activities. Digital device use is limited to homework or devices/programs that actively engage children in moderate to intense physical activity.
 - a. Program days where majority of the schedule is dedicated to television or movie leisure viewing are limited to **once** a month and should be followed after the daily physical activity guideline is met

Staff and Environmental Support

Standard: Staff promotes physical activity through recreation and ensures the program's physical environment supports the physical activity standards

Best Practices

All staff leading physical activities in teen recreation programs (afterschool and camps):

1. Are trained in implementing physical activity into teen recreation programs are effective in developing strategies for including physical activity that supports USDHHS guidelines as an element in their programs
2. Are preferred to be trained in SPARK philosophy, games, and activates in order to help promote physical activity in their programs
3. Are trained in adapting physical activity opportunities to include teens at all levels of athletic availability and all levels physical, sensory, or intellectual ability
4. Are trained not to withhold opportunities for physical activity except when the teen's behavior is dangerous to themselves or others. Staff is knowledgeable of alternate strategies as a consequence for negative and undesired behaviors

The physical environment of the program provides:

1. Equipment for games, sports and activities is age and developmentally appropriate.
2. Equipment is sufficient to engage all participants and meets all required safety standards
3. Equipment supports USDHHS physical activity goals by facilitating cardiorespiratory and musculoskeletal fitness.
4. The program has adequate indoor and outdoor facilities for physical activity, including fields and playgrounds that meet safety standards for surfacing, equipment, and workmanship.
5. The program environment provides positive messages about safe and developmentally appropriate physical activity through posters, pictures and books.