

# 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 by providing the opportunity for students to learn knowledge and skills needed to 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 4) identify activities they enjoy.

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

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

**5. Family and Community Engagement.** Parents, guardians, or other family members can support a CSPAP by participating in evening or weekend special events, or by serving as volunteers. Community involvement creates a connection between school and community-based physical activity opportunities and can provide programs before or after school or establish joint-use or shared use agreements with schools.



## Implementing CSPAP: The Process

**1. Establish a team and designate the Physical Activity Leader (PAL).** The CSPAP 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 the implementation plan.** Create a vision statement, goals, and objectives for the CSPAP. Then establish the next steps to achieve those objectives as well as the timeframe.

**4. Implement the plan.** Make the agreed upon changes to the policy and school environment.

**5. Monitor and evaluate** implementation, and update the plan annually.



**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