**About the OPEN 60+ After School Program Design**

Let’s keep it simple: kids need 60+ minutes of physical activity every day. This program is designed for After School leaders who are looking for ways to make physical activity an integral part of every student’s after-school routine.

The 60+ After School Program will always be under construction. We’re using the National After School Association’s [Healthy Eating and Physical Activity Standards](http://www.niost.org/) (HEPA) to backward-design resources that you can download and use immediately.

**Physical Activity & Nutrition Education for After School Leaders**

Content & Quality

* Provide a variety of physical activity plans to support frequent physical activity periods of at least 15 minutes.
* Provide activity options that can be classified as both moderate to vigorous intensity as well as bone and muscle strengthening.
* Provide nutrition education materials with a focus on lifelong health and the prevention of chronic disease. Topics include healthy hydration & water, increasing fruit & vegetable consumption, choosing heart-healthy fats, choosing whole grains, and decreasing foods and beverages made with added sugar.

Staff Training

* Provide flexible professional development options for organizations seeking to train staff regularly using effective instructional models.
* Provide dynamic training agendas that include physical activity management and integrated nutrition education strategies.

Social Support

* Provide physical activity and play options that allow students to socially engage with peers in a positive and meaningful way.

Program Support

* Provide train-the-trainer models and support materials, allowing organizations an opportunity to develop an affordable and sustainable training infrastructure.

Environmental Support

* Provide equipment inventory lists to support adequate stock of developmentally appropriate physical activity equipment that can be used to create a safe environment for activity, exercise, and play.

**60+ After School Program Components**

Physical Activity & Movement Management

* Building Active After School Routines – a planning and implementation packet providing leaders with guidance on using 60+ resources to help students live an active lifestyle.
* Physical Activity Superhero Guide – important management and instructional strategies to help leaders implement safe activity sessions.
* Healthy Eating 101 – facts and messaging tips based on MyPlate nutrition education materials.
* Universal Design – strategies and modifications that can be used to promote the inclusion of all students.

60+ Program Activity Guide Categories

* Cooperative Games – get kids active while they experience positive social interaction with peers and adults.
* Dance Party – play the video, learn the dance, rock the party.
* Fast and Fun Games – easy-to-teach activity favorites to get kids moving quickly.
* Friendly Competition – classic playground games with rules and guidelines to keep the competition healthy and fun.
* Physical Activity Stations – set them up and let kids move, explore, and sweat.