

### 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](#) (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.