



# AuSable Valley Central School District

## Comprehensive School Physical Activity Program (CSPAP) Plan

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.

For more information about CSPAP, please contact Kevin Hulbert.

[Wellness Policy Link](#)

Last reviewed



### CSPAP role in the Whole School, Whole Community, Whole Child (WSCC) Model



### WSCC (right) The Whole School, Whole Community, Whole Child

This CDC model combines and builds on elements of the traditional coordinated school health approach and the whole child framework. The focus is directed at the whole school, with the school in turn drawing its resources and influences from the whole community and serving to address the needs of the whole child. More info: [www.ascd.org/learningandhealth](http://www.ascd.org/learningandhealth)



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### Physical Education Component

#### 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.

Component Examples: quality physical education, opportunities to learn, appropriate instruction, meaningful content, student and program assessment

#### Current Activities

#### Future Activities

#### Physical Education in the Wellness Policy



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### Physical Activity During School Component

#### 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.

Component Examples: recess, drop in gym programs in middle and high schools, classroom physical activity breaks

#### Current Activities

#### Future Activities

#### Physical Activity During School in the Wellness Policy



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### Family and Community Engagement Component

#### 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.

Component Examples: active family time, evening and weekend events, joint use agreements

#### Current Activities

#### Future Activities

Empty box for listing current activities.

Empty box for listing future activities.

#### Family and Community Engagement in the Wellness Policy

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### Staff Involvement Component

#### 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.

Component Examples: role modeling, participating in classroom physical activity breaks, employee wellness program

#### Current Activities

#### Future Activities

Empty box for listing current activities.

Empty box for listing future activities.

#### Staff Involvement in the Wellness Policy

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### Physical Activity Before and After School Component

#### 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.

Component Examples: physical activity clubs, intramural programs, informal play on the playground, physical activity during after school programs, interscholastic sports

#### Current Activities

#### Future Activities

Empty box for listing current physical activity before and after school activities.

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#### Physical Activity Before and After School in the Wellness Policy