



## 2017-18 Comprehensive School Physical Activity Program (CSPAP)

### Background

A Comprehensive School Physical Activity Program (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. A CSPAP reflects strong coordination and synergy across all components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.<sup>1</sup> A strong, multi-component CSPAP can allow students to achieve the recommended amount of daily physical activity.<sup>1,2,3</sup>

### Instructions

Use this template to outline your school's CSPAP and develop the implementation plan for each goal and its corresponding objectives. This template was designed to align with and compliment the step-by-step guide ([http://www.cdc.gov/healthyschools/physicalactivity/pdf/13\\_242620-A\\_CSPAP\\_SchoolPhysActivityPrograms\\_Final\\_508\\_12192013.pdf](http://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf)) developed by the Centers for Disease Control and Prevention (CDC) and SHAPE America titled, *Comprehensive School Physical Activity Programs: A Guide For Schools*.<sup>1</sup>

# I. Program Management

School Name:	
School Year:	
District:	

## CSPAP Team/Committee Members

Name	Position	E-mail	Phone Number
	Physical Activity Leader		

## Tentative Team/Committee Meetings

Subject of Meeting	Meeting Objectives	Date of Meeting	Notes

## Additional Information (If applicable)

## Strengths, Opportunities & Priorities

Brief description of the strengths, opportunities, and priorities identified through the assessment process (e.g., *School Health Index, Alliance for a Healthier Generation Healthy Schools Program*).

**Strengths:**

**Opportunities for Improvement:**

**Priorities:**

## II. Implementation Plan *(Combines the CDC's CSPAP steps 3, 4 and 5)*

A fully implemented CSPAP has objectives and activities related to each of the five (5) goal areas. Many schools take a phased approach to implementing a CSPAP. To get started, use the template below to define objectives and activities for at least one of the five CSPAP goal areas. Feel free to add additional rows for your school's activities.

Goal 1: Enhance Physical Education							
Objective 1.1: <i>[write your objective here]</i>							
Activity	Leader	Start Date / Times	Location (If applicable)	Resources Needed / Budget (If applicable)	Communication/ Strategies (If applicable)	Success Looks Like...	Progress / Status (Recommended at mid and end of school year)
[Write your activities here]							

Goal 2: Increase physical activity minutes during school							
Objective 2.1: <i>[write your objective here]</i>							
Activity	Leader	Start Date / Times	Location (If applicable)	Resources Needed / Budget (If applicable)	Communication/ Strategies (If applicable)	Success Looks Like...	Progress / Status (Recommended at mid and end of school year)

<b>Goal 3: Increase physical activity minutes before and after school</b>							
<b>Objective 3.1:</b> <i>[write your objective here]</i>							
<b>Activity</b>	<b>Leader</b>	<b>Start Date / Times</b>	<b>Location</b> (If applicable)	<b>Resources Needed / Budget</b> (If applicable)	<b>Communication/ Strategies</b> (If applicable)	<b>Success Looks Like...</b>	<b>Progress / Status</b> (Recommended at mid and end of school year)

<b>Goal 4: Staff are actively involved in promoting physical activity</b>							
<b>Objective 4.1:</b> <i>[write your objective here]</i>							
<b>Activity</b>	<b>Leader</b>	<b>Start Date / Times</b>	<b>Location</b> (If applicable)	<b>Resources Needed / Budget</b> (If applicable)	<b>Communication/ Strategies</b> (If applicable)	<b>Success Looks Like...</b>	<b>Progress / Status</b> (Recommended at mid and end of school year)

<b>Goal 5: Actively engage the community in our CSPAP program</b>							
<b>Objective 5.1:</b> <i>[write your objective here]</i>							
<b>Activity</b>	<b>Leader</b>	<b>Start Date / Times</b>	<b>Location</b> (If applicable)	<b>Resources Needed / Budget</b> (If applicable)	<b>Communication/ Strategies</b> (If applicable)	<b>Success Looks Like...</b>	<b>Progress / Status</b> (Recommended at mid and end of school year)

### III. Showing Success & Continuous Improvement

Brief description of plans for data collection and use.

**Data collection methods and timeframes:** (e.g., Interviews, questionnaires, focus groups)

**Plans for using findings:**

#### Possible Evaluation Questions and Indicators

##### Process Questions to Think About

- Were the trainings for classroom teachers implemented as planned?
- Was a complete resource analysis conducted of the budget, staff, and school schedule?
- Is the program being implemented as planned? Why or why not?
- Is the target audience being reached?
- Are partnerships working effectively? Why or why not?
- Is funding sufficient to achieve program goals?
- What are the barriers to student participation in the programs?
- What factors influence teachers to incorporate physical activity during class time?

##### Outcome Evaluation Questions to Think About

- Did we achieve our outcomes?
- Does the program increase the amount of physical activity students engage in during the school day?
- Does the program increase the quality of physical activity opportunities for students at school?
- Is your school offering a greater variety of physical activity opportunities?
- Has the program improved the school climate related to physical activity?
- What has changed as a result of the program (e.g., increased school-community partnerships or staff engaged in more physical activity)?
- Were there any unintended effects of the program (e.g., parents engage in more physical activity with children at home)?

## Possible Process and Outcome Evaluation Indicators to Think About

- We shared a sample physical activity at ## faculty meetings.
- We trained ## school staff on CSPAP strategies with a focus on incorporating physical activity in the classroom.
- We established ## new partners to help facilitate physical activity before, during and after school.
- We hosted ## events to involve parents in physical activity.
- We raised \$\$ to support our CSPAP.
- ## Teachers incorporated classroom physical activity at least once per week this school year.
- We increased physical activity minutes by ## for a total of ##.

### For further assistance contact:

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### 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 <http://www.shapeamerica.org/cspap/resources.cfm>
2. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. MMWR 2011;60(No. RR-5):28–33.
3. Physical Activity Guidelines for Americans Midcourse Report Subcommittee of the President’s Council on Fitness, Sports & Nutrition. Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth. Washington, DC: U.S. Department of Health and Human Services, 2012.