

Role of Schools

Audio Descriptive Text

Title: Chapter 2. Physical Activity for Youth; Role of Schools. Active Child icon. Graphic of multi-component approach showing 60 minutes encompassing Staff Involvement, Physical Activity During School, Physical Education, Physical Activity Before and After School, and Family and Community Engagement, with emphasis on Physical Activity.

Video Summary

- After the family, schools are the primary institution responsible for the development of young people.
- Schools are well positioned to provide organized and free-time physical activity for youth.
- The multicomponent approach is referred to as a Comprehensive School Physical Activity Program.

Audio Script

Schools can play a major role in affecting the overall health of young people. About 95% of the nation's youth are enrolled in schools. They typically spend six hours per day, for up to 13 years of their lives, in school.

After the family, schools are the primary institution responsible for the development of young people in the United States.

Schools are well positioned to provide time for organized and free-time physical activity for youth through a multicomponent approach that includes:

- Physical education
- Physical activity during school
- Physical activity before and after school
- Staff involvement
- Family and community engagement

This approach is referred to as a Comprehensive School Physical Activity Program.