

Step 1: Establish a Team

Audio Descriptive Text

Title: Chapter 4. Establishing a Comprehensive School Physical Activity Program; Step 1: Establish a Team.

Video Summary

- The physical activity team should represent a diverse group of education and health professionals.
- The physical activity team serves in an advisory and decision-making capacity.
- A physical education teacher is recommended to serve as the Physical Activity Leader.

Audio Script

You can create a Physical Activity Team from members of an existing School Health Council. The team should represent a diverse group of education and health professionals and serve in an advisory and decision-making capacity to establish, implement, and evaluate a Comprehensive School Physical Activity Program.

From this team, a Physical Activity Leader should be selected. A physical education teacher is recommended for this role.

The Physical Activity Leader is responsible for:

- Coordinating functions of the committee.
- Working with the school health coordinator and other school staff.
- Facilitating linkages between the program and the community.
- Organizing and facilitating all meetings.
- Managing funds.
- Sustaining the program.