



HAWAII QUALITY AFTERSCHOOL GUIDELINES

The purpose of the Hawai'i Afterschool Quality Guidelines is to outline the path and steps that lead to high quality youth programs that take place outside the school day. The afterschool standards are based on national research and best practices in the youth development and education fields. This document has the guidelines and resources for the principle: Nutrition. To view the all the other guidelines please visit our [website](#).

GUIDING PRINCIPLE 8: PHYSICAL ACTIVITY

The program environment creates a social environment, including positive relationships, which promotes and encourages children and youth to enjoy and participate in physical activity.

Quality Guidelines 8.1. Moderate and vigorous physical activity is part of each program day for at least 45 minutes out of every three-hour block of time at the program.

- A posted schedule indicates time(s) designated for physical activity.
- There is a combination of free play opportunities and organized activities provided to the children/youth throughout the program time.
- Physical activity takes place outdoors whenever possible.
- Physical activities/games are evidence-based and age/developmentally appropriate for the children/youth served by the program.
- All children, included children with special needs, are provided opportunities for physical activity.



RESOURCES

[Physical Activity for Youth](#)



Hawai'i Afterschool Alliance
Resources for Quality Guideline 8: Physical Activity

Quality Guidelines 8.2. Children/youth use a variety of equipment, materials, and games that engage them in moderate and vigorous activity.

- There are equipment/materials appropriate for physical activity (e.g. jump ropes, balls, hula hoops, etc.) with adequate and secure storage.
- The equipment and materials are easily and safely accessible to children/youth during designated physical activity time.
- There is adequate space for children/youth to engage in physical activity safely.

RESOURCES

[Physical Activity in Children and Adolescents](#)

Quality Guidelines 8.3. Staff and children/youth use the equipment, materials, and games safely and appropriately.

- Staff utilizes step-by-step processes when introducing a new equipment, material or game. Visual organizers (e.g. posters, charts) are available and used when possible.
- Procedures have been taught to the children/youth and are being implemented effectively and consistently.
- The children/youth share the equipment, materials, and games appropriately and share these with each other.



RESOURCES

[Sports Safety Tips](#)

Quality Guidelines 8.4. The staff leads and engages in active play.

- Staff gives the children/youth specific and positive feedback. For example, rather than saying “Good work,” staff says, “Pua, you are really working hard and did three more jumping jacks today.”
- Staff moves around the physical activity area, interacting and engaging with the children/youth, rather than clustering together and paying attention to other distractions.
- When appropriate, staff participates in active play with children/youth in order to model behavior and skills.

RESOURCES

[Encourage Active Play and Participate with Children](#)



Quality Guidelines 8.5. Staff does not withhold or use physical activity as a punishment.

- When disciplining children/youth, staff does not take away physical activity time or use techniques that involve physical activity such as running laps, doing push-ups, etc.
- Staff allows the children/youth to take brief rests during physical activity time and do not discipline them if they choose to do so.
- Staff allows and encourages children/youth to drink water throughout the day.

RESOURCES

[National Association for Sport and Physical Education \(NASPE\)](#)

Quality Guidelines 8.6. The children/youth participate in activity selection, organization, and leadership.

- Staff works with children/youth to plan physical activities that reflect their interests. The children/youth take turns selecting the physical activities.
- When possible, staff allows the children/youth take turns helping set up the activity. All children/youth participate in active, physical activity every day, regardless of weather.
- As children/youth are working together on cooperative physical activities, staff ensures that each member of a group has the opportunity to lead in some fashion.



RESOURCES

[Leadership and Children](#)