



Northern Adirondack Central School

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 Jessica Barnhart, CSPAP Champion, or Tiana Saroj, Health Coordinator. [Wellness Policy Link](#)

Last reviewed

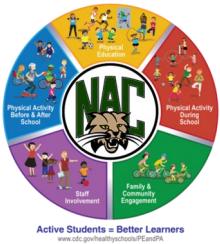


CSPAP role in the Whole School, Whole Community, Whole Child (WSCC) Model



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



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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.

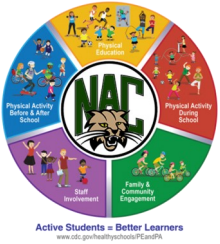
Component Examples: quality physical education, opportunities to learn, appropriate instruction, meaningful content, student and program assessment

Current Activities

Future Activities

Physical Education in the Wellness Policy

1. All **elementary** school students shall receive **120 min/week** of PE
2. All **middle and high school** students shall receive at least **120 min/wk**
3. PE classes shall incorporate the appropriate NYS Learning Standards.
4. All PE classes will be taught by a certified/licensed PE teacher.
5. The school district shall provide all PE teachers with annual professional development opportunities
6. Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, step aerobics).
7. PE classes same student/teacher ratio used in other classes
8. The performance of physical activity shall not be used as a form of discipline or punishment.
9. All students in grades K-12 shall be required to take PE class. Schools will not allow students to be exempt from required PE except for approved medical reasons.
10. Student involvement in other physical activities (i.e. interscholastic or intramurals) will not be substituted for meeting the PE requirement.



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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

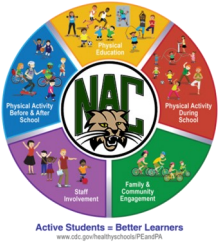
Physical Activity During School in the Wellness Policy

Recess

1. At least 20 minutes of recess time for elementary school.
2. Recess period shall not be used for punishment or reward.
3. Schools will encourage recess before lunch.
4. If the district is under severe time or space constraints, consider combining recess and Physical Education, though such activity must comply with the requirements for Physical Education under Commissioner's Regulations section 135.4.

Physical Activity in the Classroom

1. Promote the integration of physical activity in the classroom.
2. The school district shall provide all teachers with professional development opportunities that are focused on the integration of physical activity into classroom academic content and encourage scheduling throughout the day.
3. If the district is under severe time or space constraints, consider meeting the state requirements for Physical Education through collaborative and integrative in-classroom activity, under the supervision of a Physical Education teacher.



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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

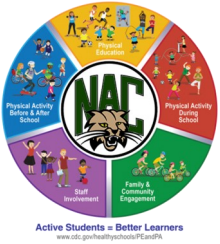
Future Activities

Family and Community Engagement in the Wellness Policy

Families, and community members are encouraged to participate in and model physical activity as a valuable part of daily life.

The comprehensive physical activity program addresses family and community engagement in physical activity, and provides a wide-variety of offerings.

Develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.



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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

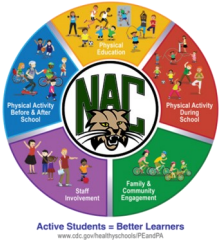
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Staff Involvement in the Wellness Policy

Staff are encouraged to participate in and model physical activity as a valuable part of daily life.

The comprehensive school physical activity program allows staff to participate in or lead physical activity opportunities throughout the school day.



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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

Physical Activity Before and After School in the Wellness Policy

Extracurricular Opportunities for Physical Activity

1. Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing, snowshoeing, ski club, and running club).
2. Develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all students and community members.