

Afterschool Program Resources for Physical Activity

USDHHS – Strategies for Promoting Physical Activity and Healthy Nutrition in Afterschool Settings

https://www.century21me.org/staticme21/resources/fitness_nutrition.pdf

California Afterschool Physical Activity Guidelines – Guidelines & Strategies for creating a physically active afterschool environment

http://www.californiaafterschool.org/physical_activity

Considerations for an effective physically active afterschool program

<http://www.pelinks4u.org/articles/beets0610.htm>

National Institute on Out-of-School Time - Additional Resources

<http://www.niost.org/Research-Evaluation/>

Sports, Games, and Physical Activity Ideas

<http://www.pelinks4u.org/links/sportgamesactivities.shtml>

<http://www.gameskidsplay.net/>

<http://pecentral.com/lessonideas/pelessonplans.html>

http://kidshealth.org/parent/growth/learning/school_age_games.html#