

## IMPROVING AFTER SCHOOL PHYSICAL ACTIVITY: PASSING THE BATON

CASE STUDY | 2015



### THE NEED: BEING MORE ACTIVE

According to the 2014 California Health Interview Survey, 22.3% children in South San Francisco are overweight and only 17.4% of children ages 5-17 get regular physical activity. The American Academy of Pediatrics recommends children over six years old get at least one hour of physical activity every day to maintain a healthy weight. However, most South San Francisco schools provide students with less than the recommended amount of physical activity. The amount of time varies from school to school.

Physical activity is tied to stronger bones and joints, improved flexibility, a healthier cardiovascular system, more energy, greater ability to handle stress, improvements in self-confidence and self-esteem, and better concentration at school.

In 2015, South San Francisco's Department of Parks and Recreation (Parks & Rec) set out to create opportunities for youth to get more regular physical activity and perform better in school.

### THE SOLUTION:

#### MOTIVATING OTHERS VIA EXERCISE

To increase student physical activity, Parks & Rec partnered with Playworks to train 40 preschool and after-school program staff and teachers on a physical activity curriculum that can be implemented in all South San Francisco after-school childcare sites.



Playwork's M.O.V.E. (Motivating Others Via Exercise) trains and builds capacity of local teachers and staff to incorporate more physical activity programs during recess and free time. Trained teachers returned to their schools and trained more school staff and implemented the program for over 500 kids per day during the school year!

One physical activities coordinator saw how her students were more engaged and active once M.O.V.E was implemented in her school, which also translated to improved behavior in the classroom.



## THE ESSENTIAL INGREDIENT FOR SUCCESS: PROFESSIONAL DEVELOPMENT FOR THE WIN

The program has seen a great success thanks to Parks & Rec providing a Playworks consultant and a dedicated staff person to support teachers with curriculum implementation. By using the train-the-trainer model, both the South San Francisco Childcare Division and another childcare program, South San Francisco Unified School District Children's Center, have sustained the M.O.V.E. project by ensuring experienced staff can train new staff on use of the curriculum.

*“I like the interaction and the different options I can bring to my program.”*

*-South San Francisco  
Childcare Staff*

### CHALLENGE: MEETING SCHEDULE

The greatest challenge was coordinating schedules to find two days when most staff was available for the training. If people could only attend one day, they partnered with those who attended both days to learn what was missed. The ideal training time would have been during the summer when seasonal staff could participate.

*“It was positive and motivational.” -South San Francisco Childcare Staff*



### LOOKING TO THE FUTURE

South San Francisco was committed to sustaining M.O.V.E. and hired a dedicated staff person to develop and implement curriculum such as cooperative games and activities in all after school programs.

Playworks trainings are being added to the summer camp orientation for all staff to continue the train-the-trainer model, including for seasonally hired staff. As the program continues to be implemented, the city hopes to see improvements in students' academic achievement and obesity rates as physical activity increases for youth.

To learn more about the South San Francisco Childcare Division, visit:

<http://www.ssf.net/384/Child-Care>

