



Active After School Programs for Girls and Young Women

ON THE MOVE TOP 10 SUCCESS FACTORS

The after school time period, from 3:00pm to 6:00pm, is an important opportunity to increase physical activity amongst children and youth. Quality active after school programs can provide girls and young women with positive environments in which to develop lifelong physical activity habits. Programs that integrate moderate and vigorous physical activity, and support healthy eating choices, will contribute to achieving outcomes relating to girls' and young women's health.

On the Move is a national initiative to increase the participation of inactive girls and young women (ages 9-18) in sport and physical activity. Integrating the following Top 10 Success Factors into your active after school program will ensure it's successful in engaging this important target group!

1 Emphasize Fun! – Physical activity should be a fun experience. Create a social environment that emphasizes participation over skill and celebrates personal bests and accomplishments.

2 Introduce a Variety of Physical Activities – Girls and young women are often unaware of the many physical activities available. Integrate traditional and non-traditional activities, and promote opportunities within your community by visiting pools, arenas, courts, climbing gyms and parks.

3 Allow Input into Program Design – Value the interests and ideas of girls and young women. Ask what sports and physical activities they are interested in, and create opportunities for them to plan and make decisions.

4 Provide Female-Only Opportunities – Many females feel uncomfortable or are restricted from participating in front of males for cultural or religious reasons. Provide girls and young women with opportunities to participate in physical activity in their own way.

5 Create a Positive Environment – Create a safe and inclusive environment. Think about your own and others' actions, and listen to participants' (and their parents') concerns and needs. Consider language, visual images, physical environment, policy and practice.

6 Teach the Basics – Investing time in developing girls' and young women's physical literacy and fundamental movement skills will help them build a foundation for life-long active living.

7 Move More – The Canadian Physical Activity Guidelines recommend 60 minutes of moderate or vigorous physical activity per day. Ensure girls and young women are actively engaged to contribute to the health outcomes of your after school program.

8 Be a Positive Role Model – Try new activities, demonstrate healthy, active living, and respect participants' needs, interests and experiences. Have fun with participants, and cheer them on. A connection with the program leader will support girls' and young women's regular participation.

9 Transportation – Deliver active after school programs at schools or in target neighbourhoods to increase accessibility. Provide, coordinate or support transportation when necessary (e.g. pick-up participants in your organization's van, organize a walking school bus, provide bus tickets).

10 Food – A healthy after school snack will fuel girls' and young women's participation, and provides an opportunity for tasting experiences or educational sessions supporting healthy eating choices.

FOR MORE INFORMATION CONTACT:

Canadian Association for the Advancement of
Women and Sport and Physical Activity (CAAWS)

Tel: 613.562.5667

Email: caaws@caaws.ca

Web: www.caaws.ca



CAAWS



@CAAWS



Canadian Association for the
Advancement of Women
and Sport and Physical Activity

Association canadienne pour
l'avancement des femmes
du sport et de l'activité physique



Canada