

## PHYSICAL ACTIVITY: BEFORE- AND AFTER-SCHOOL PROGRAMS

Daily physical activity (exercise) promotes academic achievement. It also improves students' attention span, classroom behavior and attendance. Our school provides opportunities for all students to participate in physical activity before and after school.

Our **before-school** physical activities (include type of physical activity and who offers it) are:

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The percentage of the student population that attends before-school physical activities is \_\_\_\_\_%.

Our **after-school** physical activities (include type of physical activity and who offers it) are:

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The percentage of the student population that attends after-school physical activities is \_\_\_\_\_%.

Our school encourages getting to and from school safely and in an active way. Students are encouraged to:

- Walk
- Bike
- Other: \_\_\_\_\_

Additional notes:

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