



RESOURCES

Supporting Young People through Movement and Play Beyond the School Day



- [BGCA's Organized Sports Opportunities](#) – List of sports and recreation programs offered
- [Virtual PA Activities for Youth](#) – More than 30 activities readily available to any young person
- [Play Breaks](#) – 5 minute-or-less activities that can be done to incorporate PA breaks into youths' day



- [CDC Integrating Out of School Time \(OST\) Across the WSCC Framework](#)
- [What is Physical Activity in OST?](#)
- [COVID Resources for Educators and Out-of-School Time Staff](#)
- [5-Week Guides for Creating a Caring School and OST Community](#)
- [Nature-Based BINGO](#)
- [Active Students Active Minds](#)
- [NAA's Healthy Eating and Physical Activity Standards for Afterschool](#)
- [Healthy at Home Toolkit](#) – Resources designed to support programs and families in reducing stress, eating healthy, moving regularly, and getting quality sleep



- [Considerations for Classroom Physical Activity during COVID-19](#)
- [Classroom Physical Activity Ideas & Tips](#)
- [Data Brief: Provide Physical Activity Before and After School](#)



- [Infographic: Benefits of Physical Activity](#)
- [CDC Healthy Schools: Physical Activity Before and After School](#)