



Skillastics® Alignment with the National AfterSchool Association 2.0 Standards for Healthy Eating and Physical Activity (HEPA) in Out-of-School Time

Research shows that healthy, active children learn better, perform better academically, and experience fewer behavioral problems.

Content and Quality (CQ) Standards:

CQ1. At a minimum, all foods and beverages served, offered, and sold should follow the Dietary Guidelines for Americans and the federal child nutrition programs and standards the DGA inform (National School Lunch, Child and Adult Care Food Programs, Summer Nutrition Program, and the Smart Snacks in School nutrition standards). Programs should also comply with all state and local food safety requirements.

N/A

CQ2. Include a fruit or vegetable at every snack or meal. Fruit and vegetables are fresh, frozen, or dried with no added sweeteners or canned in 100% juice or water.

N/A

CQ3. Do not include pre-fried foods or foods with artificial trans fats.

N/A

CQ4. Serve dairy or dairy-alternative products that are plain, 1% low fat, or fat free and do not have added flavors, sugars, or artificial ingredients.

N/A

CQ5. Offer easily accessible plain or naturally flavored non-carbonated drinking water.

N/A

CQ6. Serve foods that do not list added sugars among the first three ingredients in the ingredient list.

N/A

CQ7. Provide dietary accommodations to account for food allergies or intolerances and religious or cultural preferences.

N/A

CQ8. Incorporate seasonal and locally produced foods into meals and snacks.

N/A

CQ9. Offer developmentally appropriate, culturally relevant, evidence-informed nutrition education that provides youth with the knowledge and skills necessary to promote and protect their health.

***Skillastics**[®] Nutritional Cards are aligned with the Government's MyPlate[®] and approved by Registered Dietitians. Available in Elementary and Secondary versions, Skillastics[®] Nutritional Cards allow students to gain nutritional knowledge in a creative way while simultaneously being physically active.*

CQ10. Offer developmentally appropriate inclusive physical activities, games, and sports that provide youth with the knowledge and skills necessary to enjoy being physically active throughout their lives and reflect the CQ best practices.

a. Developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities.

***Skillastics**[®] offers FREE introductory workshops, evaluations and follow up to guarantee the Skillastics[®] Physical Activity Program is being implemented properly.*

b. Connected to or integrated into existing programming, such as tutoring, homework, STEM, creative arts, and other enrichment activities.

STEM Skillastics® is an innovative blend of physical activity and cognitive learning that highlights Science, Technology, Engineering and Math. STEM Skillastics® question cards target 3rd thru 6th grade but can be customized by using the STEM Skillastics® custom question card template. This innovative resource allows Out-of-School Time Instructors to connect with Classroom Teachers curriculum. STEM Skillastics® compliments the Next Generation Science Standards.

CQ11. Plan and provide time for physical activity:

- a. 1 hour program – 10 minutes
- b. 2 hour program – 20 minutes
- c. 3 hour program – 30 minutes
- d. 4 hour program – 40 minutes
- e. 5 hour program – 60 minutes

Skillastics® Activity Kits were designed to allow for program flexibility and versatility. Skillastics® takes 30 seconds to set up and many options that allow for physical activity engagement. For example, if a program has only 10 minutes available, the Skillastics® Method can easily be played for that amount of time providing moderate to vigorous physical activity (MVPA) 80% of the time. If a program has 60 minutes available, the Skillastics® Method and its components and variations (e.g. task cards, competitive options), allows for maximum participation that is fun and engaging for all ages and abilities.

CQ12. Provide moderate to vigorous physical activity (MVPA) for at least 50% of the physical activity time.

- a. 1 hour program – 5 of 10 minutes
- b. 2 hour program – 10 of 20 minutes
- c. 3 hour program – 15 of 30 minutes
- d. 4 hour program – 20 of 40 minutes
- e. 5 hour program – 30 of 60 minutes

Skillastics® allows for maximum participation and moderate to vigorous physical activity (MVPA) for 80% of the time. Skillastics® easily supports and adheres to CQ12.

CQ13. Offer daily outdoor physical activity.

Skillastics® can be played indoors or outdoors.

- CQ14. Ensure that daily physical activities include a variety of physical activity options aimed at engaging children and youth in fun aerobic and cardio-respiratory (e.g. swimming, jogging, dancing, bicycling, skiing) and age appropriate bone and muscle strengthening (e.g. jump rope, push-ups, sit-ups) fitness activities.

*The **Skillastics**® series of Activity Kits includes 13 different themes ranging from general fitness, sport skill development, and character enhancement, to nutrition and academic integration. Every Activity Kit provides an appropriate blend of the fitness component activities: muscular strength, muscle endurance, cardiovascular endurance and flexibility.*

- CQ15. Offer free play with space available for unstructured physical activity or organized physical activities that involve opportunities for all the program's children and youth.

*The **Skillastics**® Method is easy to learn. Students of all ages and abilities can participate as unstructured play, and the Skillastics® versatility allows students to create their own versions of engagement.*

- CQ16. Offer non-competitive physical activities (e.g., walking, yoga, swimming, dancing).

***Skillastics**® was designed as a non-competitive, non-threatening activity that all ages and abilities can engage in. The versatility of Skillastics® allows for competition if the instructor chooses to include this option.*

- CQ17. Offer activities that are adaptable, accessible, and inclusive of children and youth with all abilities, including physical, sensory, and intellectual disabilities.

***Skillastics**® is an all-inclusive activity for all ages and abilities. Children are grouped into 6 teams of varied abilities and cultures. For teams to advance, each team member takes a turn being the leader. Skillastics® offers diverse, academically integrated questions and activities to engage individual cultures, ages and abilities. Skillastics® diversity depends on individual strengths and differences to create a strong and successful team.*

- CQ18. Conduct physical activities that are integrated with enrichment, academic, or recreation content; goal driven, planned, sequentially designed and delivered: and available to all children and youth, directed by trained staff, grouped by age and skill level.

***Skillastics**® Activity Kits include STEM Skillastics® and Be Fit 2 Learn Skillastics® Math, integrating the academic content. It includes Character is Cool Skillastics® that integrates SEL and enrichment, and Tennis Skillastics®, which integrates a life-long recreational activity. Skillastics is goal driven, with the main objective for a team to work collectively*

to complete the desired repetitions before advancing around the activity mat. The Skillastics® AfterSchool Physical Activity Program Lesson Plan Guide allows for a progression of learning for all ages and abilities.

- CQ19. Ensure that digital devices are used for homework, research, or digital learning that is active rather than passive. No television or movies are allowed.

Be Fit 2 Learn Skillastics® Math includes QR Codes that are linked to children demonstrating each of the 26 physical activities. Children can follow along and learn through this technology option. No other Skillastics® Activity Kit includes technology.

Staff Training (ST) Standards:

- ST1. All staff members participate in training or professional development on healthy eating, nutrition, and physical activity at least once per year. Training and professional development are comprehensive to support staff knowledge of and competency in practices that support the HEPA Standards and accompanying best practices.

Skillastics® offers one, two, half-day and full-day professional development trainings. Training is comprehensive and tailored to fit the needs of the AfterSchool Program.

- ST2. Staff members are quickly oriented to and regularly coached on the role that healthy eating, physical activity, and social supports play in supporting healthy youth behaviors.

In the Skillastics® trainings, participants experience activities that directly address the whole child approach including healthy eating, physical activity and the social and emotional components that can be taught through physical activity.

- ST3. Training and professional development are developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities, a certified physical education teacher, SHAPE America trainer, university extension staff, or a registered dietitian with youth development education or experience.

All Skillastics® Instructors have many years of experience teaching Physical Education. Many have been recognized as District, State, Region or National (SHAPE America) Physical Education Teachers of the Year.

- ST4. Staff members are trained on positive guidance techniques that include approaches that teach positive behaviors and apply logical consequences. Staff members do not withhold food or physical activity opportunities as a punishment.

The Skillastics® After School Physical Activity Program Lesson Plan Guide begins each day with a Character is Cool Skillastics® teamwork or leadership activity that is associated with a character trait. It also includes talking points on how that character trait is aligned with the activity of the day and how it expands into everyday life.

- ST5. Training and professional development do not support a specific industry or agenda. For example, training materials are not produced by a food, beverage, or supplement company.

Skillastics® has no affiliation with a food, beverage or supplement company.

Social Support (SS) Standards:

- SS1. Have children and youth participate in food and beverage selection, distribution, preparation and clean up and have children and youth select, organize, and lead physical activities.

***Skillastics®** is a resource of team activities. The success of Skillastics® is dependent on each participants behavior. Personal and social responsibility is crucial. How one interprets and expresses information about an activity, how one encourages his/her teammates, and how one demonstrates his/her level of involvement, all factor into recognizing and assessing individual emotional involvement. Skillastics® allows children of all ages and skill levels equal chance of participating and working on a level playing field. Skillastics® allows each participant to lead and succeed, raising the level of self-confidence and self-efficacy.*

- SS2. Does not use food as a reward or withhold food or physical activity as punishment.

N/A

- SS3. Employs staff members who promote the importance of healthy eating and physical activity by sitting and interacting with children and youth during snacks and meals and participating in physical activities with children and youth. All staff members model healthy eating, physical activity, and positive self-talk during the program, including

bringing in or consuming only foods or beverages consistent with CQ Standards while in the program.

***Skillastics**[®] versatility allows staff members to easily engage in the activity with the students. It is encouraged that staff members experience Skillastics[®] with the students. This engagement provides a model that all students respect and appreciate.*

- SS4. Ensures staff members discuss the benefits of the healthy eating and physical activity expectations contained within the Standards with children and youth and their families.

*During **Skillastics**[®] Trainings, Staff members gain extensive knowledge of nutrition and physical activity and learn how important their role is as AfterSchool instructor's ability to disseminate this information to students and families.*

- SS5. Ensures that all foods and beverages served, offered, or sold during celebrations or family or community events or in staff-only spaces reflect and reinforce the best practices outlined in CQ Standards. This SS covers program-sponsored staff events, meetings, and staff lounges.

N/A

- SS6. Provides families with information and examples of foods and beverages allowed and served and examples of physical activity opportunities based on best practices outlined in the CQ Standards.

***Skillastics**[®] provides information like physical activity monthly calendars for students to take home and share with their families.*

- SS7. Shares information about healthy eating practices and physical activity through communication channels, including at family and community meetings.

***Skillastics**[®] provides a document entitled; "How to Start of Family Fitness Event". It is a step-by-step guide on how to get families excited about physical activity.*

- SS8. Includes family engagement components as part of nutrition education, enrichment, and physical activities.

***Skillastics**[®] provides a document entitled; "How to Start of Family Fitness Event". It is a step-by-step guide on how to get families excited about physical activity.*

- SS9. Develops opportunities for families and community members to advise and support healthy eating and physical activity in the program, in the community, and at home.

*The **Skillastics**® program provides staff members the knowledge and the skills to create opportunities for families and community members to support their healthy eating and physical activity efforts.*

- SS10. Promotes healthy eating and physical activity standards, practices, and programs to children and youth, families, and people in the community who are current or potential participants.

***Skillastics**® provides a document entitled; “How to Start of Family Fitness Event”. It is a step-by-step guide on how to get families excited about physical activity.*

- SS11. Ensures food fundraisers are limited to foods and beverages consistent with best practices outlined in the CQ Standards.

N/A

Program supports (PS) Standards:

- PS1. Budgets to provide healthy foods and beverages and physical activity experiences consistent with the best practices outlined in the CQ Standards.

*The **Skillastics**® Physical Activity Program is very affordable and is designed to complement any budget.*

- PS2. Participates in ongoing self-assessment, action planning, and program improvement strategies that support healthy eating and physical activity.

***Skillastics**® provides on-going support including program evaluation, additional training if necessary, lesson plans and yearly checkups.*

- PS3. Ensures its leadership supports continuous food and beverage and physical activity quality improvement through observations, staff coaching, and progress monitoring.

Skillastics® provides the Program Coordinator with a detailed physical activity report based upon the Site Evaluations conducted. The report contains suggestions and recommendations moving forward.

PS4. Promotes and encourages healthy eating and physical activity among staff.

Students are watching staff and imitating their every move. In the Skillastics® Staff Development Trainings, we emphasize the importance of setting a good example for the students who look up to you.

PS5. Ensures access to adequate food preparation and storage space and indoor and outdoor physical activity space through formal or informal shared facility use agreements.

N/A

PS6. Pursues procurement strategies that support healthy eating such as bulk purchasing and partnerships with food banks, farms, and gardens.

N/A

PS7. Accesses federal child nutrition programs such as the Child and Adult Care Food Program, the At-Risk Afterschool Meals Program, the National School Lunch Program, and the Summer Nutrition Program to maximize the number of nutritious meals and snacks provided.

N/A

PS8. Has liability and risk management policies that enable staff members to participate in physical activity with young children.

N/A

Environmental Supports (ES) Standards:

ES1. Gives children and youth access to foods and beverages, including vending machines, stores, food carts, and concession stands, that are consistent with the best practices outlined in the CQ Standards.

N/A

ES2. Has adequate types and amounts of equipment for games, activities, and sports that support best practices in the CQ Standards.

Skillastics® provides a variety of activities and the equipment (e.g. balls, racquets) if needed.

ES3. Has posters, pictures, and books that promote positive messages about good nutrition, healthy eating, and safe and developmentally appropriate physical activity.

N/A

ES4. Has adequate food preparation and storage space to support healthy eating and adequate indoor and outdoor space for physical activity with the CQ Standards.

N/A

ES5. Does not allow marketing of products or displays of logos or trademarks from companies that produce foods and beverages that are not consistent with the best practices outlined in the CQ Standards.

Skillastics® is not associated with any companies that produce foods and beverages.