

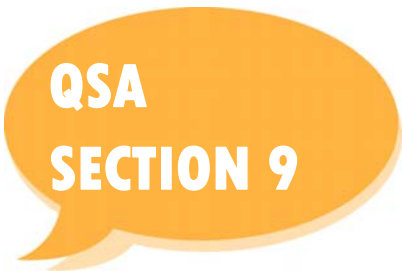
**QSA
SECTION 9**

Nutrition and Physical Activity:

In our program we incorporate activities to promote physical health and sufficient space exists for activities to take place

In our Program...	Low Quality Indicators	Approaching Quality Indicators	Quality Indicators
<p>Element A</p> <p>We incorporate activities to promote physical health</p>	<ul style="list-style-type: none"> <input type="checkbox"/> A physical activity is not an option each day of the program 	<ul style="list-style-type: none"> <input type="checkbox"/> All youth engage in at least 30 minutes of vigorous physical activity per day <input type="checkbox"/> A variety of physical activities are available to youth, that appeal to all genders, and interest groups 	<ul style="list-style-type: none"> <input type="checkbox"/> All youth engage in at least 60 minutes of vigorous and varied physical activity per day <input type="checkbox"/> Staff promote an attitude of wellness and engage in physical activity with youth
<p>Element B</p> <p>Sufficient space exists for activities to take place</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Youth are in a cramped or unsafe space where physical activities are logistically difficult 	<ul style="list-style-type: none"> <input type="checkbox"/> There is at least 1 space a program can use for physical activities (outdoors, a gym, an empty room) 	<ul style="list-style-type: none"> <input type="checkbox"/> Multiple age-appropriate spaces exist for physical activities <input type="checkbox"/> Youth leaders facilitate activities

NOTES:



Nutrition and Physical Activity:

In our program healthy snacks are available and we promote emotional health

In our Program...	Low Quality Indicators	Approaching Quality Indicators	Quality Indicators
Element C Healthy snacks are available	<ul style="list-style-type: none"> <input type="checkbox"/> Program offers processed snacks that are appealing to youth but contain high sugar or fat content (nachos, cookies, soda) <input type="checkbox"/> Staff eat unhealthy food in front of youth 	<ul style="list-style-type: none"> <input type="checkbox"/> Program makes a conscious effort to offer healthy snacks daily (fruit, yogurt) <input type="checkbox"/> Celebrations and special events maintain healthy eating policies <input type="checkbox"/> Water is available and encouraged <input type="checkbox"/> Staff model healthy eating habits with youth 	<ul style="list-style-type: none"> <input type="checkbox"/> Program integrates values around healthy eating into activities: (cooking clubs, gardening, smoothie programs) <input type="checkbox"/> Youth may run their own snack bar as an entrepreneurship club <input type="checkbox"/> A select group of youth leaders may be responsible for coordinating snack <input type="checkbox"/> Program involves parents in healthy eating or provide youth with healthy food to bring home (from gardens, healthy snacks, etc.)
Element D We promote emotional health	<ul style="list-style-type: none"> <input type="checkbox"/> Activity spaces are dominated by one gender, or one clique <input type="checkbox"/> Teasing or bullying breaks out during games 	<ul style="list-style-type: none"> <input type="checkbox"/> Activities are physically & emotionally safe – no bullying or injuries occur during activities <input type="checkbox"/> Activities to expand knowledge of risky behavior are offered <input type="checkbox"/> Program activities are respectfully competitive – teams are picked at random, activities test a variety of skills (not just basketball, etc.) 	<ul style="list-style-type: none"> <input type="checkbox"/> Staff are aware of youth who are not engaged in physical exercise outside of the program, and talk with them about the importance of exercise <input type="checkbox"/> De-brief sessions connect physical activities to character building (playing by rules, teamwork, learning from mistakes, etc.)