



Sample Afterschool Schedule (with Physical Activity Breaks)

	3:00-3:15	3:15-3:30	3:30-4:00	4:00-4:15	4:15-4:45	4:45-5:15	5:15-5:30
Monday	Small Space Activity Break	Snack	Homework	Small Space Activity Break	Activity 1	Activity 2	Dismissal and Parent Pick-Up
Tuesday	Food & Fun Active Game or Afterschool Gets Moving activity	Snack	Homework	Small Space Activity Break	Activity 1	Activity 2	Dismissal and Parent Pick-Up
Wednesday	Small Space Activity Break	Snack	Homework	Small Space Activity Break	Activity 1	Activity 2	Dismissal and Parent Pick-Up
Thursday	Food & Fun Active Game or Afterschool Gets Moving activity	Snack	Homework	Small Space Activity Break	Activity 1	Activity 2	Dismissal and Parent Pick-Up
Friday	Small Space Activity Break	Snack	Homework	Activity 1	Free Active Play	Free Active Play	Dismissal and Parent Pick-Up

Small Space Activity Breaks:

- **Jammin' Minutes:** <http://www.healthetips.com/jam-program.php>
- **Energizers:** <http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

Food and Fun: <http://foodandfun.org/>