



Out of School Nutrition and Physical Activity Initiative by  
Harvard School of Public Health Prevention Research Center

### Sample Afterschool Schedules (Combined Physical Activity)

1 <sup>st</sup> and 2 <sup>nd</sup> Grade	2:30-2:45	2:45-4:00	4:00-4:45	4:45-5:15
<b>Monday</b>	Snack	Food & Fun Active Game	Homework Help	Enrichment Activities
<b>Tuesday</b>	Snack	Soccer	Health and Wellness	Computer Lab
<b>Wednesday</b>	Snack	Food & Fun Active Game	Homework Help	Reading
<b>Thursday</b>	Snack	Playground	Independent Reading	Learning Games
<b>Friday</b>	Snack	Active Free Play	Homework Help	Computer Lab

3 <sup>rd</sup> and 4 <sup>th</sup> Grade	2:30-2:45	2:45-4:00	4:00-4:45	4:45-5:15
<b>Monday</b>	Snack	Food & Fun Active Game	Homework Help	Computer Lab
<b>Tuesday</b>	Snack	Soccer	Enrichment Activity: Time to Invent (3:30-4:45)	
<b>Wednesday</b>	Snack	Independent Reading	Food & Fun Active Game	Reading
<b>Thursday</b>	Snack	Food & Fun Active Game	Chorus	Computer Lab
<b>Friday</b>	Snack	Active Free Play	Student Studio	Enrichment Activity

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