

Structuring After-School Physical Education Programs That are Engaging, Diverse, and Inclusive

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Abstract : After-school programs of physical education provide children with opportunities to engage in physical activities while developing healthy habits. To ensure that these programs are inclusive, diverse, and engaging, however, schools must consider various factors when designing and implementing them. This study sought to bring out efficient strategies for structuring after-school programs of physical education. The literature review was conducted using various databases and search engines. Some databases that index the journals include ERIC, Google Scholar, Scopus, Web of Science, and EBSCOhost. The search terms were combinations of keywords such as "after-school," "physical education," "inclusion," "diversity," "engagement," "program design," "program implementation," "program effectiveness," and "best practices." The findings of this study suggest that schools that desire inclusivity must consider four key factors when designing and implementing after-school physical education programs. First, the programs must be designed with variety and fun by incorporating activities such as dance, sports, and games that appeal to all students. Second, instructors must be trained to create supportive and positive environments that foster student engagement while promoting physical literacy. Third, schools must collaborate with community stakeholders and organizations to ensure that programs are culturally inclusive and responsive. Fourth, schools can incorporate technology into their programs to enhance engagement and provide additional growth and learning opportunities. In conclusion, this study provides valuable insights into efficient strategies for structuring after-school programs of physical education that are inclusive, diverse, and engaging for all students. By considering these factors when designing and implementing their programs, schools can promote physical activity while supporting students' overall well-being and health.

Keywords : after-school programs of physical education, community partnership, inclusivity, instructor training, technology

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