The Colorado Health Foundation™

Funding Opportunity:

Funding Opportunity: Out-of-school-time Physical Activity

This funding opportunity will support organizations to provide quality, structured physical activity in out-of-school time settings (including before school, after school and summer programs) to children and youth ages 4 to 18 through safe and affordable programs. We will consider proposals for up to two years of funding.

Proposed projects must reflect the Foundation's cornerstones, as our work is grounded in serving Coloradans who have low income and historically have had less power or privilege, putting the creation of health equity at the center of everything we do, and being informed by the community and those we exist to serve.

Have questions? We're here to talk through your ideas and encourage you to connect with us before applying for funding. If you don't already work with a program officer, please reach out to us by Show email or by phone at Show phone, and be sure to note the county you work in and area of interest.

Criteria

Organizations eligible to apply include those that:

- Currently operate an established out-of-school-time program (before school, after school or summer program) with a structured physical activity component for children and youth ages 4 to 18. In this case, funds may be requested to maintain or enhance existing structured physical activity components.
- Currently operate an established out-of-school-time program (before school, after school or summer program) but do not have a structured physical activity component. Funds may be requested to incorporate structured physical activity as a new component of an existing out-of-school time program for children and youth ages 4 to 18.
- Are starting up a new out-of-school-time program in a rural or frontier county (contact the program officer about eligibility) where few or no out-of-school-time programs exist. Funds may be requested for startup or pilot phase programs. Such programs must include a structured physical activity component for children and youth ages 4 to 18.

Programs must:

- Primarily serve children and youth where opportunities for physical activity may be absent or harder to access. Preference will be given to programs in rural communities.
- Primarily serve children and youth living on low income; we will consider percentages of children eligible for free and reduced lunch (FRL) that are served by the program, average family income of participants or other indicators your organization may use to determine need.

- Primarily serve children and youth ages 4 to 14. We will consider programs that serve youth up to 18 years of age.
- Engage participants in a total of at least 90 minutes of structured physical activity per week, for no less than two days per week, for a minimum of six weeks. Children must be engaged in moderate to vigorous physical activity (MVPA) a minimum of 50% of the structured physical activity time.
- Ensure physical activity is structured (organized or guided activity led or facilitated by a program staff person, qualified volunteer or qualified partner organization). A curriculum is welcomed but not required. If an organization is not using a curriculum, a practical plan or outline must be submitted demonstrating how the organization will ensure engagement in high quality, structured physical activity (not free time on playground or in the gym).
- Implement activities that are relevant and appropriate for the needs and interests of the children and youth served, including cultural and linguistic responsiveness. Youth engagement processes, community needs assessments, satisfaction surveys, existing participation data or similar methods will be used to assess demonstrated interest and demand for the activities.
- Demonstrate strong relationships and experience working within the community or communities served.
- Demonstrate sufficient organization and staff capacity and training to effectively implement and sustain the proposed activities.

- Have an effective method to track the amount of time dedicated to structured physical activity and the number of children engaging in those activities on a consistent basis.

Measurable Reach:

Increase the number of children and youth ages 4 to 18 who engage in at least 90 minutes of moderate to vigorous physical activity every week.

Examples of programmatic elements we're interested in funding:

- Personnel costs for staff directly implementing or overseeing physical activity programming
- Purchase of a structured physical activity curriculum
- Shared portable equipment/materials (such as balls, jump ropes, cones, etc.) for structured activities
- Staff development/training costs directly related to implementing structured physical activity
- Age-appropriate structured games, movement or fitness activities
- Noncompetitive activities that are inclusive and where the emphasis is on getting children active and not on cultivating or refining skill in an activity or sport beyond the basic or foundational skills needed to participate
- Up to 10% of the total request can be for administrative/operating costs or participation supports (such as transportation and snacks) that are directly related to supporting structured physical activity efforts

Examples of programmatic elements that are not eligible for funding at this time:

- General operating support
- New out-of-school-time organizations or programs (less than one year of operation), except in rural communities
- Fixed physical activity equipment/infrastructure (such as playground equipment, trails, fitness stations, sports fields or gyms)
- Individual equipment (clothing/uniforms, shoes, equipment for home or personal use)
- Sports clubs, leagues, camps or clinics (recreational, intramural or competitive)

- Scholarships, financial assistance, fee waivers or activity/league fees for participants

We often partner with third-party evaluators, contractors and other organizations over the course of our work with applicants and grantees. Your application and its attachments may be shared with these individuals or entities during the review process and grant cycle. All third-party organizations partnering with the Foundation have signed a confidentiality agreement and will not use or share the information for purposes outside of the scope of work specific to the grant application or grant award. If you have any concerns or would like additional information, please email Show email *or call our senior director of Grantmaking Operations at 303-953-3600.*

Funding Opportunity

Our funding opportunities focus on specific needs aligned with a particular priority within our focus areas. These vary for each funding deadline (Feb. 15, June 15 and Oct. 15). Applicants will be required to address detailed criteria specific to that funding opportunity. Grant funding is highly competitive within the pool of applicants for each individual funding opportunity.

We encourage all applicants to sign up in our grants management system to confirm registration is complete at least a week in advance of submitting a grant application. Apply for funding by 5 p.m. MDT on Feb. 15, 2020.

Resources

These documents are intended as general resources to organizations interested in integrating physical activity into their out-of-school-time programs. Referenced information or programs are not exact examples of what is covered, or will be funded, under this funding opportunity.

Policies and Standards for Promoting Physical Activity in After-School Programs

Move More North Carolina: Recommended Standards for After-School Physical Activity

Alliance for a Healthier Generation

Grant Deadlines

Jun 15, 2020

Oct 15, 2020

We're here to help

Have questions? Contact your Program Officer for more information.

FIND A PROGRAM OFFICER ??

ACCESS APPLICATION