



The Colorado Health Foundation™

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). We will consider proposals for up to two years of funding.

To be considered for funding, applicants must establish within the grant application that they meet the following criteria:

- Eligible organizations that currently offer an out-of-school time program (before school, after school, or summer program) targeting youth in kindergarten through eighth grade (K-8) age group. If the existing out-of-school time program currently does not have a structured physical activity component, funds can be used to incorporate it as a new component in the existing program. Funds can also be used to maintain or enhance existing structured physical activity components.
- Serve a high proportion of youth from high-need/low-income communities; the percentage of children eligible for free and reduced school meals, average family income or other indicators of need will be considered.
- Provide a minimum of 90 minutes of structured physical activity per week, for no less than two days per week. Children must be engaged in moderate to vigorous physical activity (MVPA) a minimum of 50 percent of the structured physical activity time.
- Physical activity must be structured (organized or guided activity led or facilitated by a program staff person or similarly qualified individual). A curriculum is allowed 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 high quality physical activity (not free time on playground or in the gym).
- Proposed activities must be relevant and appropriate for needs and interests of the youth served (program satisfaction survey results, youth engagement process, existing participation data or similar methods may be used to demonstrate interest and demand for the activities).
- 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 (to address the Measurable Result: Increase the number of children who engage in moderate to vigorous physical activity).

Questions? Please contact:

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