



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Afterschool Program Model

Daily Schedule Components

❑ **Y WELCOME (5-10 Minutes)**

Welcome children into the program; this can consist of a formal greeting, icebreakers, or group games.

Best Practices: Review daily schedule & review Afterschool Expectations.

❑ **SNACK (10-15 Minutes)**

An afternoon snack and water is provided each day that meet USDA requirements. Monthly snack menus are posted on the parent board or at the parent table. If you choose to send an additional snack with your child, please ensure that it does not contain any form of peanut products.

❑ **STUDY HALL (30 Minutes)**

Quiet time for children to work on their daily assigned homework.

Best Practices: Group Journals or alternative quiet activity for children who do not have assigned homework.

❑ **ACADEMIC ENRICHMENT (30-45 Minutes)**

Age-appropriate structured, hands-on fun activities intended to reinforce academic learning concepts. Y proposes to use the evidence-based curriculums related to STEM and literacy in partnership with Children Museum & Building Educated Leaders for Life (BELL).

Best Practices: Split into small group numbers and rotate activities.

❑ **PHYSICAL PLAY (30 Minutes)**

Structured Game or Activity can take place either outside or in the Gym / Cafeteria.

Best Practices: Split into small group numbers and rotate activities.

❑ **ACTIVITY CENTERS**

A minimum of six educational based activity centers set out each day; the original set of twelve centers to be rotated throughout the week.

Best Practices: Enhancing each center with challenge cards, subject related books, or additional resources.



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SAMPLE AFTERSCHOOL ACTIVITY SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---------------------|-------------------------|---------------------|--------------------------------|-------------------------|
| 3:00 – 3:15 | CHILD SIGN IN | | | | |
| 3:15– 3:30 | Y WELCOME | | | | |
| 3:30-4:00 | STUDY HALL | | | | |
| 4:00-4:45 | ACADEMIC ENRICHMENT | | | | |
| | Beat the Fist | Energy Ball | Firsts | Milling to Music (Kids Bop) | A'STEAM |
| 4:45-5:00 | SNACK TIME | | | | |
| 5:00-5:30 | PHYSICAL PLAY | | | | |
| | Jump the Creek | Steal the Bacon | Silent Speed Ball | Gaga Ball | Tiger Tails Tag |
| | PLAYGROUND | PLAYGROUND | PLAYGROUND | PLAYGROUND | PLAYGROUND |
| 5:30-6:00 | ACTIVITY CENTERS | | | | |
| | LEGO Challenge | Dramatic Play | Crafty Arts | Crafty Arts | Wellness & Nutrition |
| | Crafty Arts | Science & Nature | Science & Nature | Science & Nature | Science & Nature |
| | Music & Movement | Wellness & Nutrition | Dramatic Play | Dramatic Play | Math |
| 6:00-6:15 | REFLECTION | | | | |
| 6:15-6:30 | CLEAN UP | | | | |