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| **Community Mapping of Physical Activity Opportunities** |

Knowing your community in terms of its opportunities for physical activity (PA) in all its forms is essential for helping promote students’ independent PA. The type and number of PA venue will depend on many factors (e.g., geography, economic conditions). The more you are familiar with the specific PA venues, and PA-supportive programs, the better position you are in to direct your students to those opportunities. Thus, this Community PA map, in some ways, reflects your city’s PA footprint. Moreover, you can post this PA Community Map on your program’s and/or school’s website.

The template below offers you the opportunity to chart the various opportunities. Remember that this map should be inclusive of all the various PA opportunities possible—not just the traditional team sports venues and programs. Thus, be sure you include venues like hiking trails, public swimming pools, equestrian centers, etc.

In terms of possible programs and organizations, be sure you list opportunities like those offered by for example the Boys & Girls club, the Parks & Recreation, and the YMCAs/YWCAs. You are encouraged to use the many available resources to compile this information. These include for example, the local visitors and tourist office, yellow pages, and the Internet. PA opportunities are literally all around you.

For each point of PA opportunity (i.e., venue, club, or organization) you are to determine the following information:

1. Name of the facility
2. Contact person (e.g., owner, or manager)
3. Complete address
4. Phone number, fax number, email, and web address (if applicable)
5. Opening hours (including the weekend)
6. Is it free or is there a usage/member fee associated with it? If fee-based, how much? Are there student and/or family discounts?
7. Is it accessible for people with disabilities?
8. Is there a minimum age for use?
9. Is there childcare?
10. Parking available?
11. Other requirements or restrictions?

The following possible PA opportunities and venues that might be available around a community is provided to get you started. Be sure you also include a list of stores and businesses that sell and /or rent sport / physical activity equipment.

***POSSIBLE POINTS OF OPPORTUNITY FOR PHYSICAL ACTIVITY***

* **City, State, and/or National Parks**
* **Walking/hiking trails**
* **Biking trails**
* **Team sports**
  + Baseball
  + Basketball
  + Football
  + Lacrosse
  + Soccer (indoor-outdoor)
  + Softball
  + Team Handball
* **Individual - dual sports / activities / venues**
  + Bowling
  + Dance
  + Golf
  + Swimming
  + Running
* **Community sport (e.g., multi-sports) organizations & Parks**
* **Outdoor Recreation**
  + Fly-fishing
  + Rafting
  + Hiking
  + Skateboarding
  + BMX
* **Self-defense** 
  + Judo
  + Karate
  + Fencing
* **Youth Sport Leagues**
  + AYSO
  + Little League
  + Flag Football
* **Health/Fitness Clubs/Facilities**
  + YMCA / YWCA
  + Commercial Fitness/Health Clubs
* **Local Sporting goods/equipment stores (incl. Rental)**

Use the table format as a guide to build your PA Community Map.

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| ***ORGANIZATION / STORE / CLUB NAME*** | | |
| **Contact person** |  | |
| **Complete address** |  | |
| **Phone / Fax** | Ph. | Fax |
| **Email** |  | |
| **Website address** |  | |
| **Opening Hours** |  | |
| **Cost? How much?** |  | |
| **Student / Membership discounts?** |  | |
| **Age/Grade minimum/maximum?** |  | |
| **Accessibility for people w. disabilities** |  | |
| **Child Care?** |  | |
| **Parking** |  | |
| **Requirements /**  **Restrictions?** |  | |

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