



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

VOLUME 4, ISSUE X

This issue reports the progress made on promoting physical activity between April 2021 - Month 2025

CYCP GOAL

All Children, Youth, and Families will be Physically Safe and Healthy

ALEXANDRIA SPOTLIGHT

This month, we are celebrating Move2Learn and all the incredible work that they do to help ACPS students learn better using movement. M2L uses movement to transform learning so all students can reach their highest potential. They provide simple yet revolutionary tools that inspire movement inside and outside the classroom to prime students' brains for learning.

Through tools like active seating in the classroom and out of school time clubs like running, boxercise and yoga, they teach students the science behind the body-mind connection and how moving more helps them feel and learn better.

Move2Learn isn't about physical fitness or becoming an Olympian, but the promise of mental fitness. Move2Learn is about making real, cost-effective strides in student focus and engagement, behavior and attendance.



“

I really enjoy teaching the M2L SEAL lessons to my students because it helps students understand why movement is beneficial not only for our bodies but for our minds, too.
- ACPS Teacher

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RESULT

Sports and recreational programs are available to all youth

WHY THIS MATTERS

Promoting play early in life and providing youth with equitable access to sports and recreational programs is essential for fostering their physical, mental, and social health. For small children, playing is learning. Play helps kids develop muscle strength and coordination, language, cognitive thinking, reasoning, and social abilities.

Physical activity plays a critical role in reducing the risk of chronic health conditions while also supporting the development of healthy lifestyle habits. Recreational programs provide structured opportunities for exercise, stress relief, and skill-building, which are all important for a child's growth and resilience.

Sports also help to build confidence, teamwork, and leadership skills, offering young people a foundation for positive identity and self-worth. Equitable access ensures that all youth, regardless of socioeconomic status, race, or ability, have the opportunity to benefit from these advantages.

However, barriers to accessing sports and recreational programs often prevent many youth



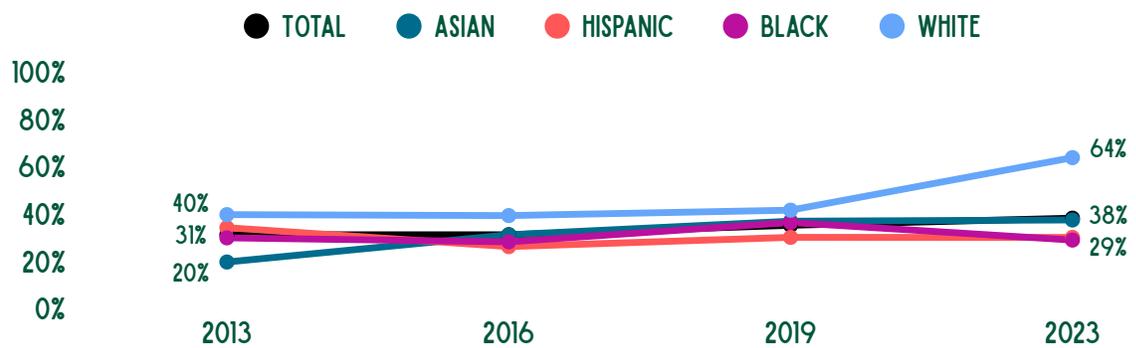
from participating. Financial constraints are one of the primary obstacles, as fees for registration, uniforms, and equipment can be costly, making organized sports inaccessible for families with limited incomes. Geographic barriers also play a role, with some communities lacking safe, accessible parks or recreational facilities. Additionally, there are often fewer adaptive programs available for youth with disabilities, limiting their participation in physical activities.

Addressing these barriers by reducing costs, expanding facilities, and supporting inclusive programming can help ensure that all children and youth have the opportunity to reap the physical and emotional benefits that come from engaging in play, sports, and recreation.

HOW WE ARE DOING

5+ DAYS OF 60 MIN OF EXERCISE PER WEEK BY RACE/ETHNICITY

SOURCE: YOUTH RISK BEHAVIOR SURVEY, 2023
OF SURVEY RESPONDENTS: 1,473



CURRENT TOTAL:
38%
DISPARITY RATIO:
2.21

Trend: Almost two out of five youth surveyed report regularly exercising in 2023. Overall, the rate has increased by 23% since 2014. When looking at the data disaggregated by race and ethnicity, however, we see White youth are over twice as likely to exercise than Black youth. The gap has widened over the last 10 years.

STRATEGY

Enhance and expand sports and recreational programs and activities for students

IMPLEMENTATION STATUS

Progress with promoting physical activity:



CHAMPION

Department of Recreation, Parks, and Cultural Activities and Move2Learn

WHAT HAVE WE DONE SINCE 2021?



TO ENGAGE IN PHYSICAL ACTIVITY AND HEALTHY LIFESTYLES

ALEXANDRIA'S DEPARTMENT OF RECREATION, PARKS, AND CULTURAL ACTIVITIES (RPCA)...

- Distributes a program guide three times a year that includes physical activities for youth, including sports, aquatics, and fitness.
- Allocates space for youth sports affiliates - including Alexandria Soccer Association, Alexandria Little League, Alexandria Rugby Club, Alexandria Lacrosse Club and Alexandria Titans Football - to engage youth in sports leagues and programs.
- Offers teen programs that include drop-in hours at neighborhood recreation centers, teen pool passes, teen pool nights, and teen block party.
- Celebrates Kids to Parks Day - a national day of outdoor play that connects kids and families with their local, state, and national parks and public lands through thousands of park events that promote discovery and exploration in the great outdoors.
- Hosts Pop-Up Rec Programs - a mobile recreation center that allows residents of all ages to engage in recreational sports, fitness programs, games, crafts social engagement, and community awareness
- Hosts RecFest - a free day of family fun, with activities representing the City's fitness, sports, enrichment, arts, nature, out-of-school time, and summer camp programs.



TO IMPROVE AND EXPAND ACCESS TO PLAY SPACES...

RPCA:



STRENGTHEN ADVOCACY TO INCLUDE MORE PHYSICAL ACTIVITY INTO THE SCHOOL DAY

CHILDREN, YOUTH, & FAMILIES COLLABORATIVE COMMISSION:

- Advocated to expand middle school sports in a budget letter to the ACPS Superintendent and School Board
- Met with 5 School Board members 1:1 to advocate for more sports
- Testified before the School Board to advocate for more sports



TO EXPAND OPPORTUNITIES TO FREE AND LOW-COST PHYSICAL ACTIVITY...

MOVE2LEARN

- Designed and delivered 10, 30-minute SEAL lessons—Movement to Feel & Learn Your BEST—to all ACPS teachers K-12 that focus on teaching students the science behind the body-mind connection.



HOW MUCH HAVE WE DONE SINCE 2021?

ENGAGEMENT IN PHYSICAL ACTIVITIES



ACCESS TO PLAY SPACES



EXPANSION OF OPPORTUNITIES



5,785 PIECES OF ACTIVE SEATING
were distributed and installed
among **290** teachers

75 STATIONARY BIKES
have been maintained
across schools

25% OF ACPS STUDENTS
can move as
necessary to keep
the neurons firing
in the classroom

500 TOOLKITS
were distributed
among teachers
this school year

500 STUDENTS
participate in one
of M2L's 100% free
Outside the
Classroom
programs

IS ANYONE BETTER OFF?

ENGAGEMENT IN PHYSICAL ACTIVITIES



ADVOCACY



ACCESS TO PLAY SPACES



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was allocated to
middle school
sports in the
[City/School]
budget

EXPANSION OF OPPORTUNITIES



93% OF TEACHERS say they have fewer behavior challenges
as a result of M2L SEAL lessons

100% OF STUDENTS participating in M2L
outside the
classroom programs
consistently
attended school

94% OF TEACHERS
say students have
increased awareness
of ways to self-
regulate their
emotions as a result
of M2L SEAL lessons



92% OF TEACHERS
say active seating
helps their students
stay engaged in
class

RESOURCES

ATHLETIC FIELDS AND COURTS RESERVATIONS

Athletic fields and outdoor courts may be reserved, and appropriate fees will be charged. For reservation rates, view the **Fee Schedule**. For additional information, call 703.746.5402. For field closure information, call 703.746.5597.

ALEXANDRIA LACROSSE CLUB

Supplies fields, equipment, coaches and league play, and scholarships; registration for spring opens in December.

ALEXANDRIA LITTLE LEAGUE

Baseball league as well as a kickball league; scholarships available for players who demonstrate need.

ALEXANDRIA RECREATION, PARKS & CULTURAL ACTIVITIES

Visit www.alexandriava.gov/Recreation for up-to-date program offerings and to register online. Activities include cheerleading, weight training, aerobics, sports, dance classes, and more.

ALEXANDRIA RUGBY

For more information on the Alexandria Rugby Programs and registration, visit alexandriarugby.com/

ALEXANDRIA SOCCER ASSOCIATION

Stresses teaching and participation - every player is entitled to play at least one half of every game. ASA will facilitate the placement of children with special needs whenever possible.

ALEXANDRIA CITY SKATEPARK

Participants must be 6 years and older (youth under 10 years-old must be accompanied by an adult). All participants must wear helmets, elbow and knee pads at all times.

MOVE2LEARN

An award-winning 501(c)(3) that works to level the learning field for traditionally underserved and overlooked students. From elementary to high school, M2L develops programs to bring the key element of movement to students to help them learn their best. M2L works with all 20 Alexandria public schools.

NEIGHBORHOOD CENTERS

Listing of all the City recreation centers. Rec centers offer a variety of programs and drop-in activities. Special Activities are held regularly at each center.

POWER-ON OUT OF SCHOOL TIME AND SUMMER PROGRAMS

A program designed for youth ages 5-12 years old. Program participants are encouraged to meet new friends, play, build, learn and grow through a variety of recreation-based leisure activities and enrichment. The program includes sports & physical fitness opportunities; health & wellness activities, among other activities.

RUNNINGBROOKE

Designs and develops programs and partners with Alexandria City Public School administrators, teachers, parents, caretakers and guardians to bring Brain Boosting movement to students to help them learn their best.

WILDERNESS KIDS ALEXANDRIA

Wilderness Kids Alexandria provides life-enriching experiences in nature to teenagers from under-resourced families in Alexandria, Virginia. Students go hiking, kayaking, camping and more through our after-school, weekend, and summer programs.

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

The Department of Recreation, Parks, and Cultural Activities encourages participation in City programs from all City residents. For general information, call 703.746.5414.