## Physical Education and Activity

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| Has a district PE coordinator | ● | | |
| Requires each school to have a PE coordinator | ● | | |
| Requires or encourages schools to follow national or state PE standards or guidelines | ●[2] | | |
| Has PE standards or guidelines based on the *National Standards for Physical Education* | ● | | |
| Addresses the following topics in goals and objectives: | | | |
| | Elementary Schools | Middle Schools | High Schools |
| Achievement and maintenance of health-enhancing level of physical fitness | ● | ● | ● |
| Competence in motor skills and movement patterns to perform variety of physical activities | ● | ● | ● |
| Regular participation in physical activity | ● | ● | ● |
| Responsible personal and social behavior that respects self and others in physical activity settings | ● | ● | ● |
| Understanding of movement concepts, principles, strategies, and tactics | ● | ● | ● |
| Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction | ● | ● | ● |
| Requires that schools will teach PE | ● | ● | ● |
| Students can be exempted from physical education for the following reasons: | | | |
| | Elementary Schools | Middle Schools | High Schools |
| Religious reasons | ○ | ○ | ○ |
| Long-term physical or medical disability | ○ | ○ | ● |
| Cognitive disability | ○ | ○ | ○ |
| High physical competency test score | ○ | ○ | ○ |
| Participation in school activities other than sports, such as band or chorus | ○ | ○ | ○ |
| Participation in community sports activities | ○ | ○ | ○ |
| Participation in community service activities | ○ | ○ | ○ |
| Requires or recommends that schools give the following types of tests: | | | |
| | Elementary Schools | Middle Schools | High Schools |
| Written tests of knowledge | ◒[2] | ●[2] | ◒[2] |

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| Skill performance tests | ●[2] | ●[2] | ●[2] |
| Fitness level tests | ●[2] | ●[2] | ●[2] |
| Requires or recommends that districts or schools use one particular curriculum for PE | ●[2] | ●[2] | ●[2] |
| Requires or recommends that schools use the following specific fitness tests: | | | |
| | Elementary Schools | Middle Schools | High Schools |
| Fitnessgram | ◒[2] | ◒[2] | ◒[2] |
| The Physical Fitness Test from the President's Challenge | ◒[2] | ◒[2] | ◒[2] |
| The Health Fitness Test, from the President's Challenge | ○[2] | ○[2] | ○[2] |
| The Youth Fitness Test, from the YMCA | ○[2] | ○[2] | ○[2] |
| Any other fitness test | ◒[2] | ◒[2] | ◒[2] |
| Provided the following information or materials for PE during the past two years: | | | |
| | Elementary Schools | Middle Schools | High Schools |
| Chart describing scope and sequence of instruction | ● | ● | ● |
| Curriculum | ● | ● | ● |
| Lesson plans or learning activities | ● | ● | ● |
| List of recommended curricula | ● | ● | ● |
| Plans for how to assess or evaluate students | ● | ● | ● |
| Specifies a maximum student-to-teacher ratio for PE classes | ● | ○ | ○ |
| Has specified time requirements for PE | ● | ● | ● |
| Requires newly hired PE teachers to have undergraduate or graduate training in PE or a related field | ● | ● | ● |
| Requires newly hired PE teachers to be certified, licensed, or endorsed by the state | ● | ● | ● |
| Provided funding for staff development or offered staff development to PE teachers during the past two years on the following topics: | | | |
| Administering or using fitness tests | ● | | |
| Assessing or evaluating student performance | ● | | |
| Developing and using student portfolios | ● | | |
| Developing individualized physical activity plans | ● | | |
| Encouraging family involvement in physical activity | ● | | |
| Injury prevention and first aid | ● | | |
| Methods for inclusion and participation of overweight children | ● | | |

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| Methods to increase amount of class time students are active | ● |
| Methods to promote gender equity | ● |
| Recognizing and responding to chronic health conditions | ● |
| Teaching individual or paired activities or sports | ● |
| Teaching movement skills and concepts | ● |
| Teaching students with long-term disabilities | ● |
| Teaching team or group activities or sports | ● |
| Using physical activity monitoring devices | ● |
| Using technology for PE | ● |
| Did the following to promote physical education during the past 12 months: | |
| Provided families with information on school physical education | ● |
| Offered physical education for families | ● |
| Provided district or school personnel with information on school physical education | ● |
| Sought positive media attention for school physical education | ● |
| Evaluated the following aspects of physical education during the past two years: | |
| Physical education policies | ● |
| Physical education curricula | ● |
| Physical education staff development or in-service programs | ● |
| Requires or recommends that elementary schools provide regularly scheduled recess | ◒[2] |
| Prohibits or actively discourages schools from the following: | |
| Using physical activity as punishment for bad behavior in PE | ●[3] |
| Using physical activity as punishment for poor performance or bad behavior in sports | ●[3] |
| Excluding students from PE as punishment for bad behavior in another class | ●[3] |
| Excluding students from recess as punishment for bad behavior | ○[3] |
| Requires student use of protective gear during the following activities: | |
| Physical education | ● |
| Intramural activities or physical activity clubs | ● |
| Interscholastic sports | ● |

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| Provided funding for staff development or offered staff development to interscholastic sports coaches during the past two years | ● |

This publication was prepared by the Centers for Disease Control and Prevention (CDC). It summarizes district-level data collected during the School Health Policies and Programs Study (SHPPS) 2006 from each of the 22 local education agencies funded by the Division of Adolescent and School Health. SHPPS is conducted periodically to monitor the extent to which school health policies and practices are addressing the leading causes of death, illness, and social problems among young people and adults.

**For additional information** on SHPPS or to order SHPPS publications, contact the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717; 800-CDC-INFO; www.cdc.gov/shpps.

## Footnotes

[1] Unless otherwise indicated,

- ● Yes
- ○ No

NA Not Applicable

? Incomplete Data

[2]

- ● Requires
- ◒ Recommends or Encourages
- ○ Neither Requires, Recommends, nor Encourages

? Incomplete Data

[3]

- ● Prohibits
- ◒ Discourages
- ○ Neither Prohibits nor Discourages

? Incomplete Data

[4] SCHIP is the State Children's Health Insurance Program.

[5] WIC is the Special Supplemental Food Program for Women, Infants, and Children.

6

- ● Associate's Degree in Nursing
- ●● Undergraduate Degree in Nursing
- ●●● Graduate Degree in Nursing
- ○ Associate's Degree in Any Field
- ○○ Undergraduate Degree in Any Field
- ○○○ Graduate Degree in Any Field
- NA Not Applicable
- ? Incomplete Data

7

- ● Undergraduate Degree in Specific Field
- ●● Master's Degree in Specific Field
- ●●● Doctoral Degree in Specific Field
- ○ Undergraduate Degree in Any Field
- ○○ Master's Degree in Any Field
- ○○○ Doctoral Degree in Any Field
- ◒ Other Degree
- NA Not Applicable
- ? Incomplete Data

8

- ● High school diploma or GED
- ●● Associate's degree in nutrition or a related field
- ●●● Undergraduate degree in nutrition or a related field
- ○ Graduate degree in nutrition or a related field
- NA Not Applicable
- ? Incomplete Data

9

- ● Yes (For Breakfast, All Schools)
- ◒ Yes (For Breakfast, Some Categories of Schools)
- ○ No
- ? Incomplete Data

10

Junk foods are defined as foods or beverages that have low nutrient density, that is, they provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals.

11

- ● Both on School Property and at Off-Campus, School-Sponsored Events
- ◒ On School Property Only
- ○ Neither on School Property nor at Off-Campus, School-Sponsored Events
- ? Incomplete Data

12

- ● Required of All Faculty and Staff
- ◒ Required of Some Faculty and Staff
- ○ Not Required on Any Faculty or Staff
- ? Incomplete Data