

## Physical Education

**About SHPPS:** SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- 69.3% of elementary schools, 83.9% of middle schools, and 95.2% of high schools required physical education.
- Among schools that required physical education, 20.8% of elementary schools, 22.7% of middle schools, and 30.9% of high schools allowed students to be exempted from physical education requirements for at least one of the following reasons: high physical competency test score, participation in community service activities, participation in community sports activities, and participation in school activities other than sports (e.g., band or chorus).
- 3.8% of elementary schools, 7.9% of middle schools, and 2.1% of high schools provided daily physical education or its equivalent (150 minutes per week in elementary schools; 225 minutes per week in middle schools and high schools) for the entire school year (36 weeks) for students in all grades in the school.
- 13.7% of elementary schools, 15.2% of middle schools, and 3.0% of high schools provided physical education at least 3 days per week or its equivalent for the entire school year for students in all grades in the school.
- 68.1% of schools that required physical education taught dodgeball or bombardment, and more than half of elementary schools that required physical education taught king of the hill or steal the flag, elimination tag, and duck duck goose.
- The percentage of states that required or encouraged districts or schools to follow standards or guidelines based on the National Standards for Physical Education increased from 59.2% in 2000 to 76.0% in 2006.<sup>1</sup>
- Among the 78.3% of schools that required physical education, 36.0% had a maximum allowable student-to-teacher ratio for required physical education. The median maximum allowable ratio among these schools was 29.6 students per teacher.

**Percentage of Schools in Which Teachers Used Criteria in at Least 1 Required Physical Education Class or Course to Assess Student Performance in Physical Education**

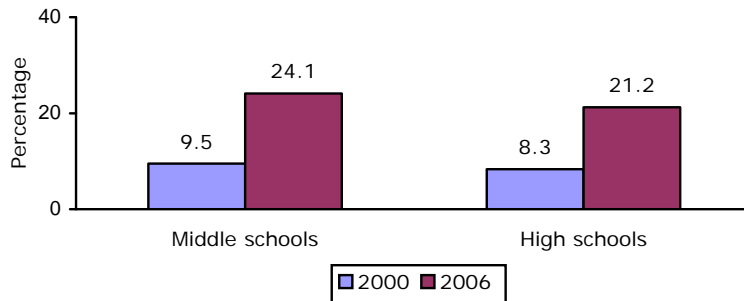
| Criterion  | Schools |
|--|---------|
| Level of participation   | 95.8    |
| Student attitude   | 89.3    |
| Attendance   | 56.9    |
| Improvement in movement skills test scores                       | 53.7    |
| Final scores on movement skills tests                            | 49.3    |
| Physical fitness test scores                                     | 45.9    |
| Demonstration of self-management skills                          | 39.7    |
| Participation in physical activity outside of physical education | 11.8    |

- The percentage of states that prohibited schools from using physical activity to punish students for bad behavior in physical education increased from 2.1% in 2000 to 16.0% in 2006, and the percentage of states that actively discouraged schools from this practice also increased, from 25.5% in 2000 to 56.0% in 2006.

<sup>1</sup> Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ( $p < .01$  from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

**Percentage of Districts that Required or Recommended That Middle Schools and High Schools Use Fitnessgram, 2000 and 2006**

- In 25.6% of middle and high schools, teachers in at least 1 required physical education class or course required students to develop individualized physical activity plans.



**Percentage of States and Districts That Provided Funding for Staff Development or Offered Staff Development to Those Who Teach Physical Education During the 2 Years Preceding the Study, 2000 and 2006**

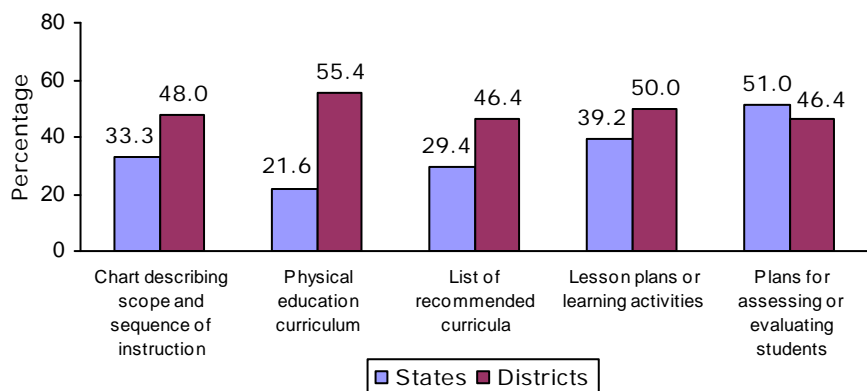
| Topic   | States |      | Districts |      |
|---|--------|------|-----------|------|
|   | 2000   | 2006 | 2000      | 2006 |
| Administering or using fitness tests  | 30.6   | 61.2 | 49.8      | 62.5 |
| Assessing or evaluating student performance in physical education           | 54.0   | 71.4 | 48.0      | 62.2 |
| Encouraging family involvement in physical activity                         | 24.5   | 59.2 | 28.0      | 51.0 |
| Methods to increase the amount of class time students are physically active | 28.0   | 55.1 | 32.6      | 54.3 |

- During the 2 years preceding the study, the percentage of states that provided funding for staff development or offered staff development to those who teach physical education on using technology such as computers or video cameras for physical education increased from 40.0% in 2000 to 55.1% in 2006.
- 84.2% of districts required newly hired elementary school physical education teachers to be certified, licensed, or endorsed by the state to teach physical education, 86.5% had this requirement at the middle school level, and 92.6% at the high school level.
- In 80.1% of elementary schools, physical education was taught only by a physical education teacher or specialist, and in 73.3% of middle schools and 66.3% of high schools, physical education was taught only by a physical education teacher.

During the 2 years preceding the study:

- 77.6% of states and 90.9% of districts provided funding for staff development or offered staff development to those who teach physical education on at least 1 physical education topic.
- 87.7% of physical education classes or courses had a teacher who received staff development on at least 1 physical education topic.

**Percentage of States and Districts that Provided Information and Materials for Elementary School Physical Education During the 2 Years Preceding the Study**



Where can I get more information? Visit [www.cdc.gov/shpps](http://www.cdc.gov/shpps) or call 800-CDC INFO (800-232-4636).