



## National Association for Sport and Physical Education

an association of the American Alliance for Health,  
Physical Education, Recreation and Dance

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### **NASPE Sets the Standard**

Shape of the Nation 2010  
Key Message Points

#### **All students in grades K-12 should receive quality physical education**

- Students spend a majority of their day in school and the Institute of Medicine of the National Academies recommends that at least 30 minutes, or half of the recommended daily physical activity time, be accrued during the school day.<sup>1</sup>
- NASPE recommends that schools provide 150 minutes per week of instructional physical education for elementary school children, and 225 minutes per week for middle and high school students for the entire school year.
- [Quality physical education](#) programs are shown to increase students' academic achievement, academic behavior, and cognitive skills and attitudes.<sup>2</sup>
- According to a [report](#) released recently from the CDC, increasing or maintaining time for physical education does not adversely impact academic performance.<sup>3</sup>

#### **Physical education is the cornerstone of a Comprehensive School Physical Activity Program**

- Leading public health, medical, and educational organizations, including NASPE, recommend that school-aged youth receive at least 60 minutes of physical activity every day.<sup>4</sup>
- The White House [Task Force on Childhood Obesity](#) recommends that physical activity be provided through a comprehensive school-based physical activity program, "anchored in quality physical education..."<sup>5</sup>
- Conclusions drawn from the results of the 2006 School Health Policies and Programs Study (SHPPS) conducted by the CDC include the need to implement a comprehensive approach at the state, district, and school levels to enhance physical education and physical activity in schools.<sup>6</sup>

#### **How can schools increase time for physical education and physical activity when states have no money and school days are already full?**

<sup>1</sup> Preventing Childhood Obesity: Health in the Balance, 2005.

<sup>2</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

<sup>3</sup> Ibid.

<sup>4</sup> Centers for Disease Control and Prevention (CDC), 1997; Kaplan et al., 2005; NASPE, 2000; Pate et al. 2006; U.S Department of Health and Human Services Physical Activity Guidelines for Americans, 2008.

<sup>5</sup> White House Task Force on Childhood Obesity Report to the President. *Solving the problem of childhood obesity in a generation*. Washington, D.C. May 2010.

<sup>6</sup> Lee, S., Burgeson, C., Fulton, J., & Spain, C. (2007). Physical Education and physical activity: Results from the School Health Policies and Programs Study 2006. *Journal of School Health*, 7(1), 435-463.

- While daily physical education may seem difficult to implement, one suggestion is to phase in more physical education time by incremental increases over a limited time-frame, perhaps even by extending the school day.
- Partnerships and grant programs can help to support quality physical education programs.
- There are many low-cost or no-cost steps that school leaders can take to promote physical education and physical activity. [NASPE's Teacher Toolbox](#) provides some easy ways for teachers at all levels to incorporate daily physical activity into their instructional time.
- Physical activity can be incorporated into other academic subject classes.

**Quality physical education is an important component of a complete education.**

- Quality physical education and health education programs provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits.<sup>7</sup>
- National surveys by the Robert Wood Johnson Foundation (RWJF) and NASPE show that a vast majority of parents, teachers, and students believe that physical education should be a critical component of the school day.<sup>8</sup>
- Leading whole child advocates, such as the Association for Supervision and Curriculum Development, agree that physical education is important to students' ability to learn and be prepared for 21<sup>st</sup> living.<sup>9</sup>

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<sup>7</sup> Burgeson, Charlene R. *Educating the whole child and reducing childhood obesity*. The State Education Standard. December 2004.

<sup>8</sup> National Association for Sport and Physical Education (NASPE), *Parents' Views of Children's Health & Fitness: A Summary of Results* [Executive Summary] Reston, VA: Author, 2003.

<sup>9</sup> Trost, Stewart and van der Mars, Hans. *Why we should not cut P.E.* Educational Leadership. ASCD. Alexandria, VA: December 2009.