

Key Physical Education Resources to Support Healthy Schools

This quick reference guide identifies resources and guidance from SHAPE America – Society of Health and Physical Educators and the Centers for Disease Control and Prevention (CDC) that support evidence-based policies, practices, and programs related to the essential components within the framework of a comprehensive school physical activity program (CSPAP).

Resources to Support Comprehensive School Physical Activity Programs

[Increasing Physical Education and Physical Activity: A Framework for Schools](#)

This document provides school health professionals, school administrators, physical education teachers, other school staff, and parents with detailed information on the components of a CSPAP framework. It identifies key professional development opportunities and resources to help schools implement the framework.



[Comprehensive School Physical Activity Programs Guide](#)

This guide, developed collaboratively by SHAPE America and CDC, provides step-by-step guidance on how to develop a CSPAP program by coordinating across all components: effective physical education; physical activity before, during, and after school; staff involvement; and family and community engagement.

[School Health Index: A Self-Assessment and Planning Guide](#)

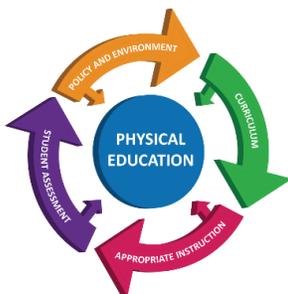
This online self-assessment and planning tool, developed by CDC, aids schools in making improvements to their health and safety policies and programs (includes Module 3: Physical Education and Physical Activity Programs).

[SHAPE America CSPAP Toolbox](#)

This microsite provides information and resources from SHAPE America and many national organizations around the five components of a CSPAP and how to get started developing your school's physical activity program.

The Essential Components of Physical Education

Physical education includes four essential components that provide the structure for this fundamental subject area: 1) [Policy and environment](#); 2) [Curriculum](#); 3) [Appropriate instruction](#); and 4) [Student assessment](#). Defining the essential components of physical education raises awareness for the critical policies and practices that guide school districts and schools in addressing students' education needs.



Physical educators, district wellness committees, and school administrators can use this resource menu to identify key resources that support each of the four essential components of physical education.

2 Key Physical Education Resources to Support Healthy Schools

Resources to Support Physical Education:

[Essential Components of Physical Education](#)

This guidance document outlines the essential components of effective physical education — policy and environment, curriculum, appropriate instruction, and student assessment — and outlines why physical education is a key element of a well-rounded education for all students.

[Physical Education Program Checklist](#)

This checklist is designed to help school administrators, principals, teachers, and parents review their school's physical education program to ensure it includes the essential components of physical education.

[Getting to Know Your Child's PE Program: A Parent's Guide](#)

This guidance document identifies opportunities for physical educators to support parental involvement priorities and build parent support for physical education programs.

[Adapted Physical Education Resource Manual](#)

This manual, found in the [SHAPE America Teacher's Toolbox](#), can assist parents, educators, administrators, and other professionals in finding resources related to adapted physical education.

[Adapted PE FAQ Document](#)

This guidance document answers common questions about providing physical education services for students with disabilities. It was developed to provide consistent adapted physical education (APE) services for students with disabilities.

[Strengthen Physical Education in Schools Data Brief](#)

This data brief, developed by Springboard to Active Schools, outlines national data that describes the state of physical education and identifies key policies and practices that will promote and strengthen physical education programs.

Resources to Support the Physical Education Component of POLICY AND ENVIRONMENT:

[Physical Education Policy Guide](#)

This guidance document provides in-depth policy guidance, recommended policy language, accountability measures, and rationale for both state and district-level policy components in an easy-to-use table.

[No Substitutions, Waivers or Exemptions for Physical Education Position Statement](#)

This position statement provides a rationale for why all students should participate in physical education and affirms that state, school district, and school policies should not allow substitutions, waivers or exemptions for physical education courses, class time, or credit requirements.

Resources to Support the Physical Education Component of APPROPRIATE INSTRUCTION:

[Appropriate Instructional Practice Guidelines](#)

This document outlines developmentally appropriate and inappropriate practices in elementary, middle and high school physical education classes and is organized into five separate sections: learning environment, instructional strategies, curriculum, assessment, and professionalism.

[20 Indicators of Effective Physical Education Instruction](#)

This indicators checklist provides a user-friendly tool for school administrators to use when observing physical education classes and emphasizes the practices and policies that should be in place, as defined in the *Essential Components of Physical Education* guidance document.

[What PE Teachers Should Know About Concussion](#)

This document details best practices in concussion management and the implications for physical education, and provides additional resources that can be used in developing policies and practices for concussion identification and management.

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Resources to Support the Physical Education Component of CURRICULUM:

[National Standards and Grade-Level Outcomes](#)

SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do because of a highly effective physical education program.

[Physical Education Curriculum Analysis Tool](#) (PECAT)

This tool, developed by CDC, is a self-assessment and planning guide designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based on SHAPE America's National Standards for K-12 Physical Education.

[State Physical Education Standards Database](#)

Access your state standards for health and physical education, as well as fact sheets, presentation templates, and links to key stakeholders for health and physical education.

Resources to Support the Physical Education Component of STUDENT ASSESSMENT:

[Appropriate and Inappropriate Practices Related to Fitness Testing Position Statement](#)

This position statement outlines why fitness testing is a valuable part of fitness education when appropriately integrated into physical education.

[Presidential Youth Fitness Program](#) (PYFP)

This voluntary program offers physical educators a free health-related assessment for youth fitness, along with free professional development on how to implement this program in your school.

[Student Growth Outcomes Template](#)

This template will help physical educators annually measure student learning as a result of effectively teaching a standards-based curriculum.

[Standards-Based Student Progress Report Template](#)

This template was created to provide K-12 physical educators with a user-friendly way to report assessment results to students and their families, as well as to align their physical education instruction and curricula with national and/or state standards. To access, scroll to the e-Templates section and click the hyperlink to download the document.

National Data on Physical Education and Physical Activity:

[SHAPE of the Nation™ 2016](#) (SON)

SHAPE of the Nation 2016 provides an update on national progress of the implementation of physical education, school-based physical activity, and related areas in each of the 50 states and the District of Columbia. Physical education questions include: time requirements, waivers/substitutions, class size, student assessment, teacher evaluation, and much more.

CDC's [Youth Risk Behavior Surveillance System](#) (YRBSS)

YRBSS is a national study of public and private high school students. It also provides a representative sample of mostly public high school students for all states and selected territories, tribes, and districts. The [YRBS](#) has one question about physical education attendance among high school students.

CDC's [School Health Policies and Practices Study](#) (SHPPS)

SHPPS assesses school health policies and practices and is nationally representative at the state, district, school (elementary, middle, and high schools), and classroom levels. There are several questions about physical education on the [2012 state](#) questionnaire, [2012](#) and [2016](#) district questionnaires, [2014 school](#) questionnaire, and [2014 classroom](#) questionnaire.

CDC's [School Health Profiles](#) (Profiles)

Profiles is a system of surveys conducted biennially by education and health agencies among middle and high school [principals](#) and [lead health education teachers](#). There are approximately 10 questions about physical education.