



## National Association for Sport & Physical Education

An Association of the American Alliance for Health, Physical Education, Recreation and Dance

1900 Association Drive  
Reston, VA 20191  
Telephone (703) 476-3410  
Telephone (800) 213-7193  
Fax (703) 476-8316  
naspe@aahperd.org  
<http://www.aahperd.org/naspe>

### Is Your Physical Education Program Ready to Prevent Obesity?

According to a recent survey by the National Association for Sport and Physical Education (NASPE), many parents, concerned about escalating childhood obesity rates and the rise of Type II diabetes, see daily physical activity as key to optimal health and academic success. Over 76% think more school physical education could help control or prevent childhood obesity.

**Does your school physical education program help students develop the health-related fitness, motor skills and knowledge so that they can adopt healthy and physically active lifestyles?** This new school year the NASPE urges principals, teachers and parents to conduct a self-study of their school's physical education program--evaluate its strengths and weaknesses and then encourage a plan for improvement where needed. Here are 10 quick questions to ask:

1. Is physical education taught by a qualified teacher with a degree in physical education? Yes ? No ?
2. Do students receive formal instruction in physical education for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high)? Yes ? No ?
3. Is the physical education class size about 25-30 to ensure safe, effective instruction? Yes ? No ?
4. Is there adequate equipment for every student to participate? Yes ? No ?
5. Is technology incorporated on a regular and continuing basis? Yes ? No ?
6. Are indoor and outdoor facilities adequate and safe? (so that physical education classes need not be displaced for other activities) Yes ? No ?
7. Is there a written, sequential curriculum based on the national and/or state standards for physical education? Yes ? No ?
8. Is assessment of student learning included in the physical education program, and is it related to meaningful content objectives? Yes ? No ?
9. Does the program provide for maximum participation and successful learning for every student? Yes ? No ?
10. Does the program help to systematically develop the physical, cognitive and social –emotional aspects of the whole student? Yes ? No ?

Let NASPE help improve your program! For more information, visit [www.aahperd.org/naspe](http://www.aahperd.org/naspe).

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