

RECOMMENDATION:

Students should do 60 minutes (1 hour) or more of physical activity daily

REALITY:

Many students are not getting opportunities to be active.

Over half of all schools have **10%** or less of their students walking or biking to and from school.



Only **45%** of all schools provide opportunities for students to participate in classroom physical activity breaks.



Less than **4%** of schools require daily physical education.

Only **55%** of all schools offer opportunities for students to participate in physical activity clubs or intramural sports programs.

Source: School Health Policies and Practices Study 2014