

801 Program Guidance

Part II: Coordinated School Health Programs and Promotion of Physical Activity, Nutrition, and Tobacco-Use Prevention SLIMs ~ Physical Activity and Physical Education SLIMs~

PE 1.

The percentage of schools in which physical education is taught only by physical education teachers or specialists with state certification, licensure, or endorsement to teach physical education.

PE 2.

The percentage of schools in which at least one physical education teacher or specialist received professional development on physical education during the past two years.

PE 3.

The percentage of schools in which those who teach physical education are provided with all of the following:

- Goals, objectives, and expected outcomes for physical education.
- A written physical education curriculum.
- A chart describing the annual scope and sequence of instruction for physical education.
- Plans for how to assess student performance in physical education.

PE 4.

The percentage of schools that do not allow exemptions from required physical education for participation in other activities (e.g., interscholastic sports, band, chorus, other academic classes).

PE 5.

The percentage of schools that offer intramural activities or physical activity clubs for all students, including those with disabilities.

PE 6.

The percentage of schools that teach about all of the following in a required course:

- Physical, psychological, or social benefits of physical activity.
- Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition).
- Phases of a workout (i.e., warm-up, workout, cool down).
- How much physical activity is enough (i.e., determining frequency, intensity, time, and type of physical activity).
- Developing an individualized physical activity plan.
- Monitoring progress toward reaching goals in an individualized physical activity plan.
- Overcoming barriers to physical activity.
- Decreasing sedentary activities such as television viewing.
- Opportunities for physical activity in the community.
- Preventing injury during physical activity.
- Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active).
- Dangers of using performance-enhancing drugs such as steroids.