



Parents for Healthy Schools

Physical Education and Physical Activity

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A **Comprehensive School Physical Activity Program (CSPAP)** provides a national framework for school-based physical education and physical activity. A CSPAP provides strong coordination for five components: physical education, physical activity during school (recess and classroom physical activity), physical activity before and after school, staff involvement, and family and community engagement.

Ideas for Parents

Ideas for Parents provides information and suggestions for how parents can get involved in the following aspects of a comprehensive school physical activity program:

- Physical education
- Student fitness assessments
- Recess
- Classroom physical activity
- Physical activity before and after school
- Staff involvement



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion