

Module 3: Physical Education and Other Physical Activity Programs

Title: Chapter 3; School Health Index Modules. Module 3: Physical Education and Other Physical Activity Programs. Image of Active Child icon.

Video Summary

- Physical education is characterized by a planned, sequential pre-kindergarten through grade 12 curricula.
- A quality physical education curriculum provides learning as well as doing in a variety of activity areas.
- Qualified, trained teachers should teach physical education.

Audio Script

Module 3: Physical Education and Other Physical Activity Programs. Physical education is characterized by a planned, sequential pre-kindergarten through grade 12 curricula that provides learning as well as doing in a variety of activity areas.

Quality physical education programs assist students in achieving the national standards for pre-kindergarten through grade 12 for physical education. Qualified, trained teachers should teach physical education.

Additionally, schools can offer multiple opportunities for students to enjoy physical activity outside of physical education classes and increase daily amounts of total physical activity through recess, classroom physical activity, sports, and intramural activities.