

## Guideline 4: Physical Education and Physical Activity

### Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 4: Physical Education and Physical Activity. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of report cover, Comprehensive School Physical Activity Programs: A Guide for Schools. Image of Active Child icon.

### Video Summary

- Guideline 4: Implement a comprehensive physical activity program with quality physical education as the cornerstone.
- Youth should participate in physical activity for at least 60 minutes or more each day.
- A comprehensive physical activity program includes physical activity, before, during, and after school.

### Audio Script

Guideline 4: Implement a comprehensive physical activity program with quality physical education as the cornerstone.

Federal physical activity guidelines state that children and adolescents should participate in at least 60 minutes or more of physical activity each day.

A comprehensive physical activity program includes physical activity before, during, and after school. A substantial percentage of students' physical activity can be provided through this program. Teams can consult CDC's *Comprehensive School Physical Activity Programs: A Guide for Schools* to help identify how to establish a more active school environment.

A Physical education program includes:

- Curriculum
- Supportive policies and environment
- Instruction
- Student assessment

Physical education should include:

- A curriculum based on national standards
- Quality instruction that gets students physically active for at least 50% of class time
- Protocols for student assessment

Elementary school students should receive 150 minutes per week of physical education, while secondary school students should receive 225 minutes per week of physical education.

In addition to physical education, opportunities for students to engage in other types of physical activity before, during, and after school should also be offered, including recess, classroom physical activity breaks, physical activity clubs, and intramural and interscholastic sports programs.

Physical activities should be offered that can meet the needs of all students, not just those who are most athletically gifted.

Let's check your knowledge on the first four guidelines by answering a few questions.