NATIONAL FRAMEWORK FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health
Resources To Support CSPAP

Key Cross-Cutting Documents
- School Health Guidelines
- CSPAP Policy Continuum
- CDC’s CSPAP Guide Training

Key Data Sources
- School Health Policies and Practices (SHPPS)
- School Health Profiles
- Shape of the Nation
- Youth Risk Behavior Surveillance System (YRBSS)

Key Assessment Tools
- School Health Index
- Alliance for a Healthier Generation’s Healthy Schools Program Inventory (HSP Inventory)

Key Policy Tools
- Fit, Healthy, and Ready to Learn, Chapter D on Policies to Promote Physical Activity
- State School Health Policy Matrix

Key Resources by Topic

Quality Physical Education
- Physical Education Curriculum Analysis Tool (PECAT)
- Educating the Student Body: Taking Physical Activity and Physical Education to School (IOM report)
- Strategies to Improve Quality Physical Education
- National Standards and Grade-Level Outcomes for K-12 Physical Education 2013
- Grade Level Outcomes for K-12 Physical Education
- Adapted Physical Education National Standards
- State Physical Education Standards Database
- Instructional Framework for Fitness Education in Physical Education
- NASPE Opportunity to Learn Guidelines for Elementary, Middle School, and High School Physical Education
- Appropriate Instructional Practice Guidelines for Elementary, Middle School, and High School Physical Education

Physical Activity During School

Recess
- Recess for Elementary School Students
- Increasing Physical Activity Through Recess

Classroom Physical Activity Breaks
- North Carolina’s Energizers (Classroom-Based Physical Activities)
- Active Academics
- Colorado Legacy Foundation: Take A Break! Teacher Toolbox: Physical Activity Breaks in the Secondary Classroom

Physical Activity Before and After School
- Guidelines for After School Physical Activity and Intramural Sport Programs, 2001
- Before- and After-School Physical Activity And Intramural Sport Programs 2013
- Standards for Physical Activity in Out-of-School Time Programs
- North Carolina’s Intramural Sports Handbook

Family and Community Engagement
- Youth Physical Activity Guidelines
- Parent Engagement: Strategies for Involving Parents in School Health

Staff Involvement
- GENYOUth’s Fuel Up to Play 60 Program

Note: These are selected resources from the federal government, Institute of Medicine, funded nongovernmental organizations, and evidence-based programs.