



National Association for Sport and Physical Education

*an association of the American Alliance for Health,
Physical Education, Recreation and Dance*

NASPE Sets the Standard

1900 Association Drive
Reston, VA 20191

Phone: 703-476-3410

Fax: 703-476-8316

Email: naspe@aahperd.org

Fitness Integrated with Teaching Kids Act (FIT Kids Act)

The Fitness Integrated with Teaching Kids (FIT Kids) Act was introduced March 14, 2011 by Senator Tom Harkin (D-IA) (S.576) and Congressman Ron Kind (D-WI) (H.R. 1057). AAHPERD and NASPE have strongly supported FIT Kids since it was first introduced in 2007. In the press release announcing the introduction, NASPE President Lynn Couturier said, "The National Association for Sport and Physical Education commends Senator Harkin and Congressman Kind on introducing the FIT Kids Act which will strongly support our common goal of increasing the quality and quantity of physical education opportunities in the U.S. Physical education, an essential component of a quality, well-rounded education, not only teaches students how to achieve and maintain lifelong healthy habits but contributes to their academic success."

NASPE encourages schools to provide daily quality physical education for students from pre-kindergarten through grade 12, thereby encouraging lifelong healthy habits. Unfortunately, only 6 states require daily physical education in grades K-12. The FIT Kids Act supports quality physical education and physical activity by making information available on physical education in schools.

The FIT Kids Act would:

- Require schools, districts, and states to make available to the public information on the quantity and quality of physical education, including: whether schools have a required age appropriate physical education curricula that adhere to national guidelines; a description of the amount of time that K-12 students are required to spend in physical education as measured against the recommended national standard; a description of the facilities available for physical education in the schools; whether physical education teachers are required to be state licensed or certified; and whether the school has a health and wellness council;
- Require school districts to provide information to students and parents on the importance of healthy lifestyles (including physical education, physical activity, and nutrition) and how they are promoting healthy lifestyles;
- Support professional development for teachers and principals to promote lifetime physical activity and healthy lifestyles. Ensures physical education teachers receive professional development directly related to their curricula;
- Fund a National Academy of Sciences panel and study on the best way to incorporate physical activity into the school day, and study the relationship between physical activity and cognitive development and academic achievement.

Act now to urge your legislators to co-sponsor the FIT Kids Act. This is an important step in making Physical Education a priority as Congress considers important education policies. [Contact your legislators today!](#)