



## National Association for Sport and Physical Education

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

**NASPE Sets the Standard**

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## ***Let's Get PHYSICAL!***

- Health care spending share of federal revenue in 2009 grew to 54.2%<sup>1</sup>
- Physical activity levels continue to be poor across the nation<sup>2</sup>
- The federal *Physical Activity Guidelines for Americans* recommend that that 6-17 year olds participate in at least 60 minutes of physical activity each day.<sup>3</sup>
- The Institute of Medicine recommends that schools provide half (30 minutes) of the recommended daily activity.<sup>4</sup>
- NASPE recommends at least 150 minutes per week of elementary physical education and at least 225 minutes per week of middle and high school physical education.
- Only 3.8 percent of elementary schools, 7.9 percent of middle schools, and 2.1 percent of high schools provide daily physical education or the equivalent for the entire school year.<sup>5</sup>
- Students who have regular, quality PE are more likely to be physically active afterschool and as adults.
- Close to 30% of all 17-24 year olds are too overweight to serve in the U.S. military.<sup>6</sup>

***Schools are uniquely positioned to provide physical education instruction, other physical activity opportunities, and a supportive environment so students will become physically educated individuals, who participate in lifelong physical activity.***

### **Benefits of Quality Physical Education**

- Positive relationship with **academic achievement**
- Positive association with **attention, concentration,** and **on-task behavior**
- Encourages **lifetime healthy habits**
- Strategy for **reducing childhood obesity**
- Foundation for a **Comprehensive School Physical Activity Program**

<sup>1</sup> Martin, Lassman, Whittle, Catlin, Health Affairs Journal. January 2011.

<sup>2</sup> *America's Health Rankings*. 2010 United Health Foundation.

<sup>3</sup> *Physical Activity Guidelines for Americans*, U.S. Dept. of Health and Human Services. Washington, DC: 2008

<sup>4</sup> *Preventing Childhood Obesity*, Institute of Medicine. National Academies Press, Washington, D.C.. 2005

<sup>5</sup> Lee, Burgeson, Fulton & Spain, "Physical Education and Physical Activity: Results from the SHPPS 2006". *Journal of School Health*, October 2007.

<sup>6</sup> *Too Fat to Fight*, Mission Readiness, April 2010.