

- A. Does the school have a written plan for implementing a Comprehensive School Physical Activity Program?
- B. Is the written plan incorporated into their district's strategic plan?
- C. Does the school require a physical education course taught in each grade (K-12)?
- D. Does the school provide physical education teachers with a written physical education curriculum that is followed and aligns with national or state standards for physical education?
- E. Does the school have students participate in classroom physical activity during the school day?
- F. Does the school provide students with recess?
- G. Does the school offer opportunities for students to participate in physical activity through organized physical activities, intramural or interscholastic sports?

\*Recommended set based on CDC's <u>2020 School Health Profiles Report</u>. For a full set of performance measures view the <u>2020 School Health Profiles Questionnaires</u>.



<sup>1</sup> Pate, RR., et al. Promoting physical activity in children and youth a leadership role for schools: A scientific statement from the American Heart Association Council on Nutrition, Physical Activity, and Metabolism (Physical Activity Committee) in collaboration with the councils on Cardiovascular Disease in the Young and Cardiovascular Nursing.2006. Circulation 114.11: 1214 -1224.

<sup>ii</sup> Andersen, LB, et al. Cycling to school and cardiovascular risk factors: a longitudinal study. 2011. Journal of Physical Activity and Health 8.8: 1025 -1033.

<sup>iii</sup> Ekelund, U, et al. Moderate to vigorous physical activity and sedentary time and cardiometabolic risk factors in children and adolescents.2012. JAMA 307.7): 704-712

<sup>1</sup> Institute of Medicine. Educating the Student Body: Taking Physical Activity and Physical Education to School. 2013. Available at:

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v Active Education: Growing Evidence on Physical Activity and Academic Performance. Active Living Research. 2015.

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vi Active Education: Growing Evidence on Physical Activity and Academic Performance. Active Living Research. 2015.

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vii Health and Academic Achievement. Centers for Disease Control and Prevention. 2014.

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viii 2008 Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services.

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<sup>ix</sup> The Child & Adolescent Health Measurement Initiative (CAHMI). 2016 National Survey of Children's Health. Data Resource Center for Child and Adolescent Health; 2016.

<sup>x</sup> Grimes A, Lightner JS, Eighmy K, Steel C, Shook RP, Carlson J Decreased Physical Activity Among Youth Resulting From COVID-19 Pandemic-Related School Closures: Natural Experimental Study JMIR Form Res 2022;6(4):e35854

x<sup>i</sup> Comprehensive School Physical Activity Programs: A Guide for Schools. 2013.

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