

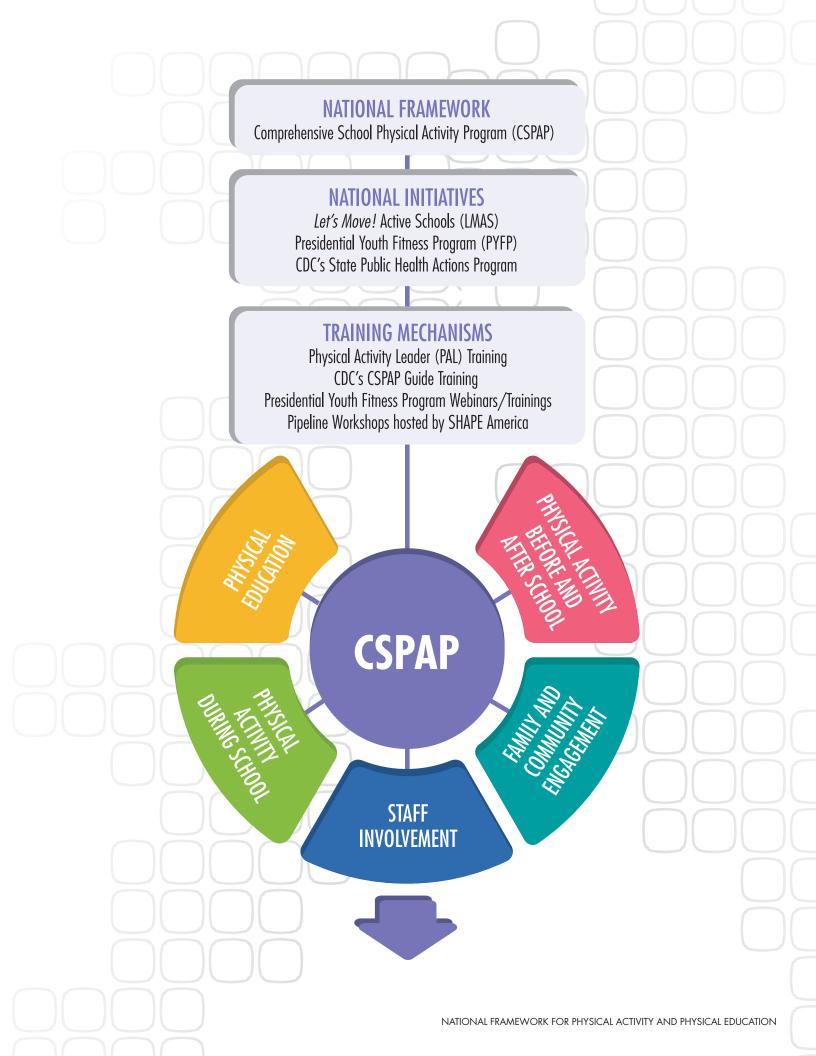
NATIONAL FRAMEWORK FOR PHYSICAL ACTIVITY AND PHYSICAL **EDUCATION**











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 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

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
- - Classroom Energizers for Middle School Students
 - Move to Improve

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.