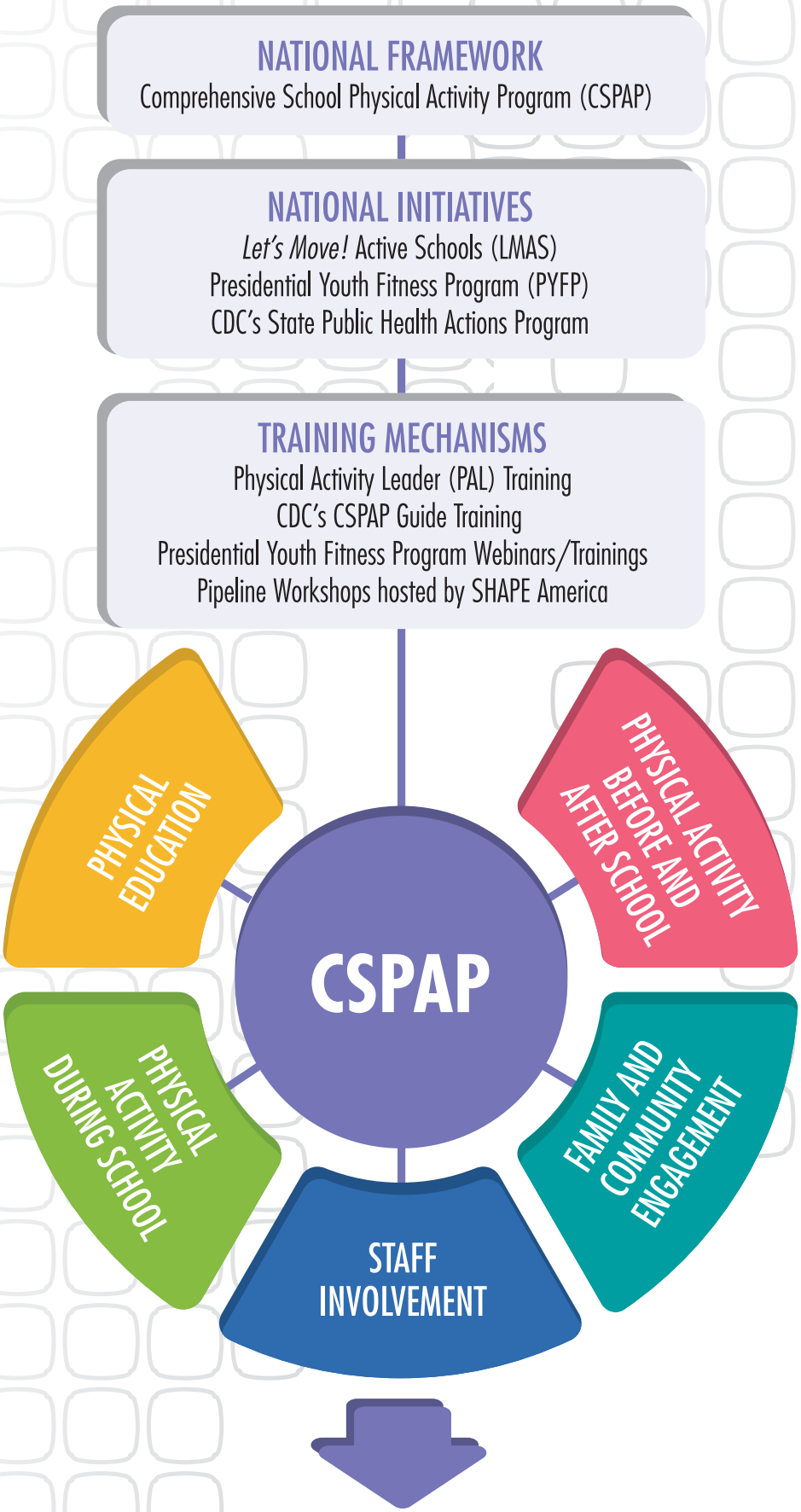
NATIONAL FRAMEWORK FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health


NATIONAL FRAMEWORK
Comprehensive School Physical Activity Program (CSPAP)
NATIONAL INITIATIVES
Let's Move! Active Schools (LMAS)
Presidential Youth Fitness Program (PYFP)
CDC's State Public Health Actions Program
TRAINING MECHANISMS
Physical Activity Leader (PAL) Training
CDC's CSPAP Guide Training
Presidential Youth Fitness Program Webinars/Trainings
Pipeline Workshops hosted by SHAPE America
CSPAP
PHYSICAL EDUCATION
PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL
PHYSICAL ACTIVITY DURING SCHOOL
FAMILY AND COMMUNITY ENGAGEMENT
STAFF INVOLVEMENT

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
- 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.