ACROSS THE U.S.

74.5% of states require students to take physical education from elementary through high school.

Inadequacies in state policies place challenging hurdles on the path to progress...

Only 10 states designate specific funding for professional development in physical education.

Only 22 states require schools to allot a specific amount of time for physical education.

Only 28 states allow exemptions and waivers.

And that’s not all...

Only 6 states require physical education in every grade: IL, HI, MA, MS, NY, and VT.

Only 3 states require schools to provide the nationally recommended* 150+ min.-per-week of PE in elementary school.

Only 3 states require schools to provide the nationally recommended* 225+ min.-per-week of PE in high school.

Talking to your school board, sharing with your state’s legislators, and SPEAK OUT! on Capitol Hill!

Visit www.naspeinfo.org/shapeofthenation.

*National Association for Sport and Physical Education (NASPE) recommends that schools provide 150 minutes per week of instruction for elementary school students, and 225 minutes per week for middle and high school students for the entire school year.

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