

# While childhood obesity has risen, there has been a decline in opportunities for physical activity in schools

- Decline in recess opportunities
- Decline in required physical education minutes
- Decline in athletic opportunities
- Decline in afterschool opportunities

## Recommendations for Minutes in Physical Education

(<http://www.shapeamerica.org/standards/guidelines/opportunity.cfm>)

**Elementary School** - A minimum of 150 minutes each week across the school year, in addition to time allotted for free and/or supervised play.

**Middle School** - Students participate in an instructional physical education program for a minimum of 225 minutes each week.

**High School** - Students are given the opportunity to enroll in elective physical education courses throughout their high school years (225 minutes each week).

## Meeting the recommendations for minutes in physical education and other physical activity can

- Improve student academic performance, social skills, and other 21<sup>st</sup> century skills
- Decrease costs associated with health care
- Increase worker productivity and reduce absenteeism
- Improve youth fitness readiness (national security)
- Reduce mental health related incidents and improve overall mental health