

# Key Recommendations

- Quality physical education is provided to all students as an integral part of K-12 education
- Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K to 12



# Key Recommendations (cont'd)

- All states develop standards for student learning in physical education that reflect the National Standards for Physical Education
- All states set minimum standards for student achievement in physical education
- Successfully meeting minimum standards in physical education is a requirement for high school graduation



# Key Recommendations (cont'd)

- Other courses and activities that include physical activity should not be substituted for instructional physical education
- Physical education is delivered by certified/licensed physical education teachers

