

## Physical Activity

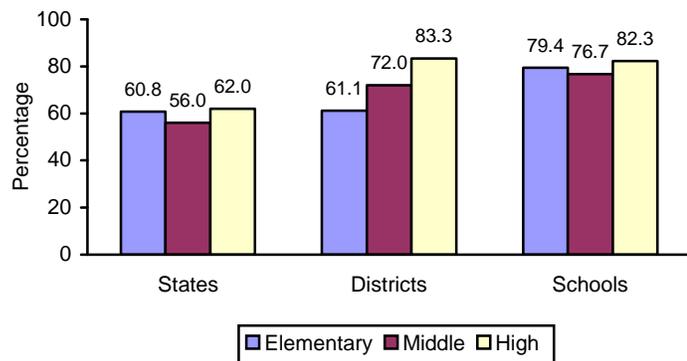
**About SHPPS:** SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

### Health Education

During the 2 years preceding the study:

- The percentage of states that provided funding for staff development or offered staff development on physical activity and fitness to those who teach health education increased from 68.8% in 2000 to 82.4% in 2006.<sup>1</sup>
- The percentage of districts that provided funding for staff development or offered staff development on physical activity and fitness to those who teach health education increased from 43.3% in 2000 to 75.3% in 2006.

**Percentage of States, Districts, and Schools That Required Teaching Physical Activity and Fitness Not in Physical Education, by School Level**



**Percentage of Schools in Which Teachers Taught\* Physical Activity Topics as Part of Required Instruction, by School Level**

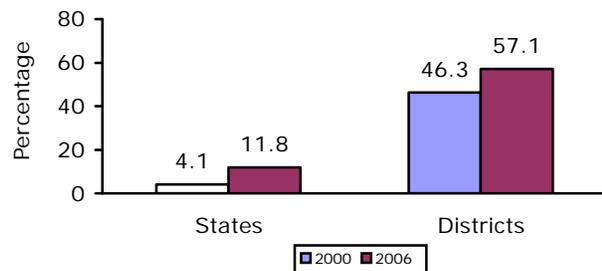
Topic	Elementary	Middle	High
Decreasing sedentary activities (e.g., TV watching)	72.7	71.5	75.6
Health-related fitness (i.e., cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition)	63.8	72.0	76.2
Physical, psychological, or social benefits of physical activity	72.1	70.3	78.0

\* In at least 1 elementary school class or in at least 1 required health education course in middle schools or high schools.

### Physical Activity

- 96.8% of elementary schools provided regularly scheduled recess for students in at least 1 grade. Among these schools, students were scheduled to have recess an average of 4.9 days per week for an average of 30.2 minutes per day.
- 67.8% of elementary schools provided daily recess for students in all grades in the school.
- 48.4% of schools offered intramural activities or physical activity clubs to students, and 22.9% of these schools provided transportation home for students participating in these activities or clubs.

**Percentage of States and Districts That Required Elementary Schools to Provide Students with Regularly Scheduled Recess, 2000 and 2006**



- The percentage of schools with intramural activities or physical activity clubs that required students to pay a fee for these activities increased from 23.0% in 2000 to 35.0% in 2006.

<sup>1</sup> Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ( $p < .01$  from a t-test, a difference greater than 10 percentage points, or an increase by a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

## Physical Activity (continued)

- 77.0% of middle schools and 91.3% of high schools offered students opportunities to participate in at least 1 interscholastic sport, and 29.1% of these schools provided transportation home for participating students.

Percentage of Schools That Offered Selected Intramural Activities or Physical Activity Clubs and Interscholastic Sports, by School Level			
Activity, Club, or Sport	Elementary	Middle	High
<b>Intramural Activity or Physical Activity Club</b>			
Baseball, softball, or whiffleball	27.7	28.0	22.2
Basketball	38.3	42.4	37.2
Dance	15.0	16.2	13.6
Frisbee, Frisbee golf, or ultimate Frisbee	10.8	15.9	14.5
Jump rope	22.9	19.1	16.2
Running or jogging	28.6	29.0	24.1
Soccer	28.6	27.7	18.8
Volleyball	24.6	35.5	27.4
Walking	20.0	19.2	20.4
<b>Interscholastic Sport</b>			
Baseball	NA	35.7	79.6
Basketball	NA	76.4	90.9
Bowling	NA	3.0	17.2
Cheerleading or competitive spirits	NA	50.9	77.3
Cross-country	NA	38.9	68.4
Fast pitch or slow pitch softball	NA	45.2	77.9
Football	NA	53.0	71.0
Ice hockey	NA	2.4	14.3
Track and field	NA	52.1	73.2
Volleyball	NA	57.3	71.4
Wrestling	NA	28.7	49.6
NA = not asked.			

- Outside of school hours or when school was not in session, children and adolescents used the school's physical activity or athletic facilities for community-sponsored sports teams in 68.9% of schools, for supervised "open-gym" or "free-play" in 40.3% of schools, and for community-sponsored classes or lessons (e.g., tennis or gymnastics) in 33.3% of schools.

## Health Services and Mental Health and Social Services

- The percentage of school health services coordinators who served as study respondents who received staff development on physical activity and fitness counseling during the 2 years preceding the study increased from 29.4% in 2000 to 48.6% in 2006.

Percentage of Schools Providing Physical Activity and Fitness Counseling in One-on-One or Small-Group Sessions	
Location	Schools
At school by health services or mental health and social services staff	66.2
Through arrangements with organizations or professionals outside the school	15.2

Where can I get more information? Visit [www.cdc.gov/shpps](http://www.cdc.gov/shpps) or call 800-CDC INFO (800-232-4636).