

# Take Action for Fit Kids!

## PHYSICAL EDUCATION (PE) TEACHERS

As the physical activity experts in schools, PE teachers are poised to help other faculty implement physical activity throughout the school day to help students get 60 minutes of physical activity daily.



### Provide leadership and support for physical activity:

- Provide PE instruction aligned with SC PE Academic Standards, the SC Students Health and Fitness Act, other laws and State Board of Education regulations with measured outcomes ([ed.sc.gov/instruction/standards-learning/physical-education/standards](http://ed.sc.gov/instruction/standards-learning/physical-education/standards)).
- Ensure that students are moderately-to-vigorously active at least 50 percent of their time during PE class.
- Provide students with the opportunity to learn and practice a variety of skills to help them be confident in and enjoy participating in physical activity.
- Use FitnessGram data to teach students how to set, monitor and meet individual fitness goals.
- Use and share FitnessGram data with your principal, faculty and staff to improve PE programs and physical activity offerings before, during and after school.
- Assign physical activity participation outside of the PE class and monitor using pedometers, apps, activity logs or ActivityGram.
- Be a physical activity content expert and advocate for providing physical activity before, during and after school through a comprehensive school physical activity program (CSPAP) ([shapeamerica.org/cspap](http://shapeamerica.org/cspap)).
- Engage families and develop community partnerships to increase opportunities for students to be physically active and practice skills learned in PE outside of school ([active-schools-prod.s3.amazonaws.com/documents/3/attachments/Parent\\_Guide.pdf?1513371012](https://active-schools-prod.s3.amazonaws.com/documents/3/attachments/Parent_Guide.pdf?1513371012)).
- Serve as a role model for physical activity.