

ACTIVE PHYSICAL EDUCATION (ACTIVE PE)

Active PE is a policy that requires that 50% of time provided in physical education classes for grades K-8 be spent in moderate-to-vigorous physical activity. Physical education teachers are trained to promote physical activity during PE classes using the SPARK or CATCH curricula.

WHAT POPULATION BENEFITS?

Children in grades K-8 (5-14 years old).

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase students' moderate-to-vigorous physical activity levels and, in turn, promote healthy child weight.



✓ Increase in students' moderate-to-vigorous physical activity



✓ Promote healthy child weight

➔ More details available on the CHOICES National Action Kit at choicesproject.org/actionkit

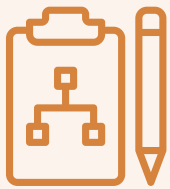
WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Oversee training and implementation of Active PE in schools	<ul style="list-style-type: none"> Time for state PE coordinator to oversee implementation and training 	State PE coordinator
Monitor compliance with moderate-to-vigorous-physical activity policy	<ul style="list-style-type: none"> Time for state PE coordinator to monitor compliance with policy 	State PE coordinator
Train PE teachers through state trainings	<ul style="list-style-type: none"> Time for SPARK/CATCH training consultant to lead trainings Time for PE teachers to attend trainings Travel costs for PE teachers and SPARK/CATCH training consultants to attend trainings 	SPARK/CATCH training consultant

WHAT ACTIVITIES AND RESOURCES ARE NEEDED? *(continued)*

Activities	Resources	Who Leads?
Purchase PE equipment and curricula	<ul style="list-style-type: none"> PE equipment costs SPARK or CATCH curricula costs 	Schools
Train principals in assessing moderate-to-vigorous physical activity in PE classes at a state principals association event	<ul style="list-style-type: none"> Time for training consultant to lead trainings Incremental time increase for principals to attend trainings on evaluating PE Travel costs for training consultants 	Training consultant

Strategy Modification



State and local health agencies modified this strategy in the following ways: 1) Some health agencies modified this strategy to be a best practice or implementation guideline instead of a policy. With this modification, the strategy would cost less because activities to monitor compliance, including training principals, would not occur. Additionally, a percentage – instead of all PE teachers – might be trained using this modification, which would mean reaching fewer children. 2) Some health agencies modified this strategy to use a train-the-trainer model. This modifies the training model so that the training consultants train school district master trainers and the master trainers lead trainings for the PE teachers. Modifying the strategy this way could cost less.

FOR ADDITIONAL INFORMATION

Cradock AL, Barrett JL, Kenney EL, Giles CM, Ward ZJ, Long MW, Resch SC, Pipito AA, Wei ER, Gortmaker SL. Using cost-effectiveness analysis to prioritize policy and programmatic approaches to physical activity promotion and obesity prevention in childhood. *Prev Med.* 2017 Feb;95 Suppl: S17-S27. doi: 10.1016/j.ypmed.2016.10.017. Supplemental Appendix with strategy details available at: <https://ars.els-cdn.com/content/image/1-s2.0-S0091743516303395-mmc1.docx>

Selected CHOICES research brief including cost-effectiveness metrics:

Hopkins H, Lange J, Olson E, Taylor-Watts S, Jenkins L, McCulloch S, Barrett J, Reiner J, and Cradock AL. *Iowa: Active Physical Education (PE)* {Issue Brief}. Iowa Department of Public Health, Iowa Department of Education, Des Moines, IA, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; April 2021. Available at: <https://choicesproject.org/publications/brief-active-pe-iowa>

- ✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at choicesproject.org/resource-library
- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at choicesproject.org/actionkit
- ✓ Access the SPARK PE curriculum at <https://sparkpe.org>
- ✓ Access the CATCH PE curriculum at <https://catchinfo.org/modules/physical-education>

SUGGESTED CITATION

CHOICES Strategy Profile: Active Physical Education (Active PE). CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; April 2022.

Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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