



## SPOTLIGHT ON RESULTS

### Implementation of PE Policies

States used a variety of methods to support implementation including communication about requirements, standards, policies, and provision of resources, professional development and technical assistance.

### Communication of PE Policies

States used professional development, web sites, workshops, e-mail, webinars, stakeholder groups, and mass media to communicate state PE policies to districts.

### Monitoring and Enforcement of PE Policies

States indicated that monitoring and enforcement were often linked and were commonly done via self-report or document review as part of overall program monitoring activities or in response to complaint or inquiry.

### Evaluation of Impact of PE Policies

State agencies infrequently conducted evaluation due to resource constraints or competing issues.



## Tackling School Physical Education and Physical Activity Policies: Roles and Strategies of State Organizations

### Overview

Approximately one-third of American children and adolescents are unfit, failing to meet nationally recommended standards for cardiorespiratory fitness. Cardiorespiratory fitness, which has been associated with academic performance during childhood and adolescence, can be a benefit of school physical education (PE) programs.

### The Main Questions

How do states implement, communicate, monitor, enforce, and evaluate school-based PE and PA policies and regulations?

### The Study

We interviewed 24 key informants from state departments of health and education, state boards of education, and advocacy/professional organizations in 9 states. Key informants described their organizations' roles in tackling existing state policies and regulations governing school-based PE.

### The Bottom Line

Work is needed to focus state, district and school level efforts on compliance with existing laws and regulations and adoption of strategies to monitor, enforce, and evaluate their impact.

## What You Can Do

- **Communicate with stakeholders:** Ensure existing policies are communicated effectively to key local and state-level stakeholders with primary roles in PE and PA policy implementation. Possible strategies include using planned professional development opportunities and electronic media.
- **Develop proactive strategies for monitoring implementation of policies:** State or local agencies can document implementation by using cyclical monitoring strategies in schools and districts or combining self-reported implementation monitoring with administrative record reviews.

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