For Basic funding, states are responsible for addressing the policies, professional development, and technical assistance for physical education (PE) and recess. For Enhanced, states are funded to help schools establish, implement, and evaluate a Comprehensive School Physical Activity Program (CSPAP). It is important to note that the work states are doing for Basic fits nicely into the work needing to be done for CSPAP—specifically, physical education is the foundation of CSPAP and recess is included in physical activity (PA) during school.

CSPAP is the national framework to achieve youth physical activity through schools. There are three federal initiatives supporting the efforts of CSPAP: Let’s Move! Active Schools, the Presidential Youth Fitness Program, and CDC’s State Public Health Actions Program. There are also training mechanisms in place such as the Physical Activity Leader (PAL) training to empower schools to create active environments for their students, staff, family, and community members.
Federal guidelines recommend that youth get 60 minutes of daily physical activity. Schools are an ideal place to help students achieve some of this recommendation. At the state level, supporting schools to offer quality physical education daily, offer daily recess, and create a school environment that offers many opportunities for students to be physically active can be accomplished through multiple strategies. Below is your toolbox for action, filled with resources you need to know about. These resources will help you: 1. make the case for PE, recess, and CSPAP using data and sharing the connection between health and academics; 2. develop and share policies and guidance related to PE and recess; 3. share key resources and trainings for PE, recess, and CSPAP; 4. identify key partners to help you make the case, provide professional development, and seek additional resources; and 5. evaluate and track what you are doing, so you can address your challenges and share your successes.