



Integrating Physical Education and Physical Activity Across the WSCC Framework



Schools that provide physical education daily can give students the ability and confidence to be physically active for a lifetime. Here are some evidence-based strategies and promising practices for using the **Whole School, Whole Community, Whole Child (WSCC)** approach to promote physical education and physical activity across the school setting.

- | | |
|---|---|
| Physical Education and Physical Activity | <ul style="list-style-type: none"> Implement policies and practices that support a Comprehensive School Physical Activity Program, including physical education, recess, classroom physical activity, intramurals, physical activity clubs, walk- and bicycle-to-school initiatives, and interscholastic sports. Implement policies and practices that support physical education such as requiring daily physical education, a written curriculum, certification for physical education teachers, and moderate-to-vigorous physical activity for at least 50% of class time and prohibiting the withholding of physical education or the use of physical activity as a punishment. |
| Health Education | <ul style="list-style-type: none"> Include physical activity as part of comprehensive health education. Ensure that health education curricula align with the national and state standards for physical education, and address the physical activity behavior outcomes in CDC's Health Education Curriculum Analysis Tool. |
| Community Involvement | <ul style="list-style-type: none"> Establish partnerships between schools and local government to create joint-use agreements to allow public access to school facilities, fitness centers, gyms, or running tracks. Link to out-of-school programs that promote physical activity. |
| Family Engagement | <ul style="list-style-type: none"> Provide materials about physical education and physical activity in languages that students and parents speak at home. Involve families on the school health council and engage them in promoting policies and practices for physical education and physical activity. |
| Employee Wellness | <ul style="list-style-type: none"> Encourage school staff to model physical activity behaviors. Provide staff with access to physical activity opportunities through staff wellness programs. |
| Physical Environment | <ul style="list-style-type: none"> Assess, inspect, and maintain all spaces and facilities for physical activity, including playing fields, playgrounds, gyms, swimming pools, multipurpose rooms, and fitness centers. Ensure safe routes to school. |
| Social and Emotional Climate | <ul style="list-style-type: none"> Establish social norms that increase physical activity behaviors of students and staff members, such as morning physical activity for all over the intercom system. |
| Counseling, Psychological, and Social Services | <ul style="list-style-type: none"> Assess student needs related to physical activity and provide counseling and other services to meet those needs. Help students overcome barriers to physical activity and help them find social support, cope with teasing, set goals, and make healthy decisions. |
| Health Services | <ul style="list-style-type: none"> Refer students with physical activity concerns to health services staff members. Encourage collaboration between health services staff members and physical education teachers to establish a healthy environment that promotes physical activity messages and activities. |
| Nutrition Environment and Services | <ul style="list-style-type: none"> Ensure access to free drinking water in the gym and other physical activity areas. Promote only healthy foods; physical activity, such as dance-a-thons; or nonfood items for school sports or physical education fundraisers. |

Visit www.cdc.gov/healthyschools/wsc/strategies.htm for more information and additional examples on how to integrate physical education and physical activity strategies using the WSCC framework.

