

# SPARK

## HOW CAN I TO HELP IMPROVE THE PHYSICAL EDUCATION PROGRAM IN MY SCHOOL?

### HERE ARE 3 THINGS EVERY PARENT CAN DO:

1. **ADVOCATE** for daily physical education in all grades -- delivered by a credentialed physical educator.
2. **ENSURE** teachers are aligning content and instruction to achieve a goal of 50% or better MVPA (moderate to vigorous physical activity) every class and that they are promoting staying physical activity away from class.
3. **INSIST** teachers have access to current resources and professional development opportunities so they can learn new, innovative content and teaching strategies.

Let your voice be heard! Speak to your school's PE teacher(s) and Principal about your child's PE program TODAY. If your school's program does not meet these standards, encourage leaders to learn more about evidence-based programs that can provide new resources and training for teachers.

For more information on evidence-based physical education, visit [www.sparkpe.org](http://www.sparkpe.org).

