HERE ARE 3 SUGGESTED STEPS:

1. SPEAK WITH YOUR SCHOOL’S PE TEACHER(S). ASK HER/HIM TO:
   - Tell you how often students have PE – frequency and duration
   - See their Yearly Plan (what they teach and when).
   - Show you how their program aligns with their District, State or National Standards.
   - Explain how they demonstrate student learning to those standards via assessment and evaluation.

2. SPEAK WITH YOUR SCHOOL’S PRINCIPAL. LET HER/HIM KNOW YOU SUPPORT:
   - Quality, daily PE for every student taught by a credentialed specialist.
   - Curriculum that has been proven to work and last – evidence-based.
   - A budget that allows teachers to replenish equipment so students have plenty for PE, recess, after school -- activity throughout the day on campus.
   - Ongoing professional development and new resource acquisition for the school's PE teachers.
   - Grades for physical education that are factored into a student’s grade point average.

3. ATTEND SCHOOL-BOARD MEETINGS AND EXPRESS YOUR SUPPORT FOR QUALITY, DAILY PHYSICAL EDUCATION TAUGHT BY A CREDENTIALED SPECIALISTS FOR ALL STUDENTS IN ALL GRADES.

For more information on Quality Physical Education, visit www.sparkpe.org.