

# CDC Healthy Schools



## Summary of State School Physical Education (PE) and Physical Activity (PA) Data\*†

### Physical Education



**61%** of secondary schools  
Provided a written  
PE curriculum



**49%** of secondary schools  
Did not allow waivers,  
exemptions, or  
substitutions for PE

### Physical Activity Before School



**57%** of secondary schools  
Offered PA  
before school

### Physical Activity During School



**94%** of secondary schools  
Offered PA during  
school (e.g., recess,  
lunchtime intramurals)

### Infrastructure for a CSPAP‡



**24%** of secondary schools  
Had a written plan  
for PA before, during,  
and after school

### Family & Community Engagement



**40%** of secondary schools  
Involved parents as  
school volunteers in  
PE or PA programs

### High School Students

Did exercises to strengthen or tone muscles  
on  $\geq 3$  days



Were physically active for a total of  $\geq 60$  minutes  
per day on all 7 days



Attended physical education classes on all 5 days



Played on  $\geq 1$  sports team



\* 2023 Youth Risk Behavior Survey (YRBS) data presented on the first page. 2019, 2021, and 2023 presented on the second page.

† 2024 School Health Profiles (Profiles) data presented on the first page. 2020, 2022, and 2024 data presented on the second page.

‡ Comprehensive School Physical Activity Program.

N/A or – means that item was not included on the state survey.

| Physical Education & Physical Activity  | Percentage of Students |      |      |
|---|------------------------|------|------|
| Student Behaviors (YRBS)  | 2019                   | 2021 | 2023 |
| Were physically active for a total of ≥60 minutes per day on all 7 days                                       | 18                     | —    | 18   |
| Did exercises to strengthen or tone muscles on ≥3 days  | 45                     | —    | 45   |
| Attended physical education classes on all 5 days   | 17                     | —    | —    |
| Played on ≥1 sports team  | —                      | —    | —    |
| Physical Education & Physical Activity  | Percentage of Schools  |      |      |
| School Policies and Practices (Profiles)  | 2020                   | 2022 | 2024 |
| <b>Infrastructure for a Comprehensive Physical Activity Program (CSPAP)</b>                                   |                        |      |      |
| Used School Health Index or other self-assessment tool to review PE and PA policies, activities, and programs | 36                     | 39   | 27   |
| Had a written plan for PA before, during, and after school  | 22                     | 20   | 24   |
| Assessed students' opportunities to be physically active before, during, or after school                      | 57                     | 52   | 51   |
| <b>Physical Education</b>   |                        |      |      |
| Required PE in:   |                        |      |      |
| 6th grade   | 89                     | 87   | 87   |
| 7th grade   | 91                     | 88   | 85   |
| 8th grade   | 90                     | 88   | 85   |
| 9th grade   | 88                     | 89   | 89   |
| 10th grade  | 80                     | 76   | 75   |
| 11th grade  | 72                     | 66   | 69   |
| 12th grade  | 72                     | 68   | 70   |
| Provided a written PE curriculum  | 64                     | 48   | 61   |
| Required PE teachers to follow PE curriculum  | 53                     | 38   | 46   |
| Did not allow waivers, exemptions, or substitutions for PE  | 40                     | 47   | 49   |
| Did not allow students to be excluded from PE as punishment   | 96                     | 93   | 91   |
| Required PE teachers to be certified, licensed, or endorsed   | 34                     | 32   | 32   |
| Limited PE class size   | 47                     | 43   | 47   |
| Had a dedicated budget for PE materials and equipment   | 56                     | 48   | 46   |
| Provided adapted PE   | 69                     | 62   | 64   |
| Included students with disabilities in regular PE courses   | 96                     | 94   | 94   |
| <b>Physical Activity During School</b>  |                        |      |      |
| Offered PA during school (e.g., recess, lunchtime intramurals)  | 95                     | 90   | 94   |
| Offered classroom PA  | 83                     | 84   | 76   |
| <b>Physical Activity Before and After School</b>  |                        |      |      |
| Offered PA before school  | 59                     | 46   | 57   |
| Offered PA after school   | 92                     | 84   | 92   |
| Offered interscholastic sports  | 82                     | 81   | 84   |
| <b>Staff Involvement</b>  |                        |      |      |
| PE teachers received professional development   | 42                     | 26   | 28   |
| <b>Family and Community Engagement</b>  |                        |      |      |
| Provided parents with information about PE and PA programs  | 52                     | 48   | 41   |
| Involved parents as school volunteers in PE or PA programs  | 44                     | 41   | 40   |
| Had a joint use agreement for PA or sports facilities   | 71                     | 58   | 70   |