Dear Superintendent/Principal,

The National Academy of Health and Physical Literacy is committed to advancing health and physical literacy across every state in the United States. It is important to ensure all schools offer high-quality physical education programs. Please use this quick checklist to see how your school is doing.

Does your school measure up?

High-Quality Programs Indicators	YES	NO
1. The physical education teacher is qualified, enthusiastic and prepared.		
2. Lessons are well-planned, incorporate a wide range of activities, and address all state content standards.		
3. The physical education teacher uses a variety of assessments to evaluate student progress toward the state content standards.		
4. The physical education program promotes student learning, personal success, fair play, and inclusion of all students.		
5. Activities are developmentally appropriate for each student and follow the appropriate teaching practices guidelines. https://www.shapeamerica.org//Common/Uploaded%20files/uploads/pdfs/Appropriate-Instructional-Practices-Grid.pdf		
6. The emotional safety of the students is a top priority.		
7. The physical safety of the students is a top priority.		
8. The school is fulfilling the minimum time mandated for physical education; has the facilities, equipment, teaching support to provide a quality program; and follows the recommended class size.		
9. Opportunities to be physically active go beyond the physical education class time (recess, brain breaks, intramurals, extracurriculars, and other schoolwide initiatives that promote daily physical activity).		

How can we help?

The NAHPL Board of Directors are interested in helping you and your school improve their physical education program. NAHPL offers professional development through Summits every year. We also have numerous resources that can be shared with you and your school. Feel free to contact us at: info@nahpl.org

How can you help?

Encourage your teachers to attend professional development opportunities that are specific to developing high-quality physical education teaching practices.