Advocating for
HEALTHY LIFESTYLES for School Children

Physical education is an integral part of the total education of every child in grades 1-12.

Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so they can be physically active for a lifetime.

Advocate to ensure you have exemplary physical education in your school.

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Meeting the needs of our children...

Today’s quality physical education programs are important because they provide learning experiences that meet the developmental needs of youngsters which help improve a child’s: mental alertness, academic performance, readiness to learn and enthusiasm for learning.
**Improved physical fitness** improves children’s muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

**Skill development** develops motor skills which will allow for safe, successful and satisfying participation in physical activities.

**Regular, healthful physical activity** provides a wide-range of developmentally appropriate activities for children.

**Support of other subject areas** reinforces knowledge learned across the curriculum

**Self-discipline** facilitates development of student responsibility for health and fitness.

**Improved judgement** provides the opportunity to assume leadership, cooperate with others, question actions and regulations, and accept responsibility for their own behavior.

**Stress reduction** to facilitate emotional stability and resilience.

**Strengthened peer relationships** helping children socialize with others successfully.

**Improved self-confidence** and self-esteem through mastery of skills.

**Experience setting goals** ability to set and strive for personal achievable goals.

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**Did You Know?**

- NJ law requires every public school student, in grades 1-12, receive 150 minutes of health, safety, and physical education per week. (N.J.S.A. 18:35-7.8) This requirement has been a New Jersey law for almost 50 years.

- Option Two (N.J.A.C. 6A:8-5.1(a)2) of the high school graduation requirements allows school districts to design and/or approve educational experiences that serve as an alternative to traditional instruction and provide meaningful learning experiences that support student achievement of the NJSLS. Option Two is not an exemption.

- **Recess Bill S847 was signed into law by Governor Murphy on 08/10/18.** This requires school districts to provide a minimum 20 minute daily recess period for students in grades kindergarten through 5; it permits denial of recess for violation of code of student conduct, but student must be provided restorative justice activities. Further recess cannot be denied more than twice per week for this reason. Recess time is in addition to the 150 minute instructional time requirement.

- Physical education and health education teachers in public schools grades K-6 should possess the appropriate endorsement to the instructional certificate.

- For more information, visit the NJAHPERD website.

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**What Can You Do?**

**Speak with your school’s principal and leadership:** If your school’s program does not meet these standards, encourage your school’s leaders to learn more about this law and how to meet its requirements. Let them know you support exemplary physical education that meets the 150 minute mandate and recess requirement.

**Work with parents in your school and the local PTA:**
Talk to students parents and the local chapter of the PTA to educate them on the issue of quality physical education in your school, including informing them of the 150 minute mandate in New Jersey law.

**Attend school board meetings:**
Express your support for quality physical education that meets the state law. Work with parents and other supporters towards this goal.

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