Physical Education

What is PE?
School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment.

What are the benefits of PE?
PE has a number of important benefits, including, but not limited to:

- helping students build and maintain healthy bodies;
- reducing the risk of obesity and other chronic diseases;
- improving self-confidence;
- reducing depression and anxiety;
- lower chronic absenteeism;
- improving academic performance and classroom behavior; and
- teaching healthy habits for life.

What are the national standards for PE in schools?
Evidence shows that elementary school students should receive 150 minutes of PE per week and that middle school students should receive 225 minutes of PE per week.

What are North Carolina's standards for PE in schools?
In North Carolina, PE is included in a course called Healthful Living, which combines PE and health education. PE is included on the North Carolina standard course of study and the Healthy Active Children Policy recommendations.

However, North Carolina does not require a specific number of minutes or days per week that elementary or middle school students must have PE. Despite this recommendation, students do not receive regular PE and PE is not offered consistently across the state.

North Carolina high school students must receive 75 instructional hours of PE to graduate. Unfortunately, at present, there is no way to track or monitor the number of minutes of PE students receive.

Please support quality PE programs in all North Carolina schools and funding for PE teachers.

For more information please contact the NC Alliance for Health at 919.463.8329 or info@ncallianceforhealth.org