

Action Steps

Following is a list of suggested action steps mentioned in this report. Although this is certainly not an exhaustive list of action steps that could be taken to promote youth participation in physical activity and sports, it could be a starting point for the working group that will meet to develop an implementation plan.

Schools

- Help ensure that all students, from prekindergarten through grade 12, receive quality, daily physical education.
- Help ensure that only certified physical education specialists teach physical education.
- Help improve preservice training of and staff development programs for physical education teachers.
- Help ensure that physical education classes have appropriate class sizes.
- Help provide adequate facilities, equipment, and supplies for physical education.
- Involve parents in the planning and implementation of school physical activity programs.
- Assign physical activity-related homework that involves parents.
- Disseminate educational flyers to parents.
- Involve parents in booster clubs.

Youth sports and recreation programs

- Help provide youth sports and recreation programs that meet the needs of all young people.
- Provide appropriate training for sports coaches and recreation staff.
- Provide transportation to and from youth physical activity programs.
- Disseminate educational flyers to parents.
- Involve parents in booster clubs.

After-school programs

- Enable more after-school programs to provide regular opportunities for active, physical play.

Media campaign

- Implement a media campaign to promote physical education that targets parents as well as children.

Health care providers

- Provide assessment, counseling, and referral on physical activity as part of health care for all young people.

Researchers and evaluation specialists

- Monitor physical activity among young people.
- Monitor physical fitness among young people.
- Monitor physical education and other school physical activity programs.
- Study the effects of participation in physical activity, physical education, and sports on academic performance and youth violence.
- Help schools and youth sports and recreation programs evaluate the effectiveness of their programs.
- Develop standardized assessments of students' performance in physical education.
- Conduct studies on the effects of community infrastructure changes.

Government agencies

- Disseminate existing tools to help improve school and community programs and provide staff development on using these tools.
- Expand the President Council's *Physical Fitness Demonstration Centers* and the CDC's *Programs That Work*.
- Engage full-time state-level coordinators for school physical activity programs.
- Expand state-level coordinated school health programs that include physical activity promotion.

Communities

- Develop community structural environments that promote safe walking and bicycling.
- Use school facilities for community recreation.