



Inspire healthy habits, fuel active minds, and teach kids to thrive physically and emotionally with this service-learning program.

Across the country, today's children and adolescents—at all grade levels—do not get enough physical activity, and are struggling with anxiety, depression, and other mental health challenges. Understanding these challenges, promoting an active school environment, and teaching children how to cope with stress, bullying, and societal pressures can make all the difference.



The **health.moves.minds.™** program brings the lessons, activities, and community-building ideas that can help kids live their best lives.

Get Started at

www.healthmovesminds.org



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.



**Advocating
for
HEALTHY LIFESTYLES
for School Children**



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Why?

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.

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.
- **Recess Bill S847** 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. Recess cannot be denied more than twice per week for this reason. **Recess time is in addition to the 150 minute instructional time requirement.** This law takes effect in the 2019-2020 school year.
- **Certification Bill S858** requires teachers of health and physical education in grades kindergarten through six in public schools to possess an appropriate endorsement to the instructional certificate. The law includes a "grandfather" provision for teachers who hold an elementary instructional certificate prior to the effective date of this law. The law takes effect in the 2019-2020 school year.
- 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.
- For more information, visit the NJAHPERD website.



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 the laws and how to meet these requirements. Let them know you support exemplary physical education that meets the 150 minute mandate, recess requirement and certification 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 laws. Work with parents and other supporters towards this goal.

Join NJAHPERD:

Become a member of NJAHPERD. Visit www.njahperd.org and click on Community Portal. Follow directions to Purchase NJAHPERD Membership.

(Revised 10/2019)

