

# Analytic Framework: Enhanced School-based Physical Education

**Enhanced School-based Physical Education**

**Students  
(School-aged youth)**

Increase in amount of time spent being physically active during PE lessons

Improvements in:

- Knowledge
- Skills
- Intentions to be active

**Increase in moderate- or vigorous-intensity PA during PE class**

**Increase total moderate- or vigorous-intensity PA**

**Improve aerobic capacity**

**Reduced Morbidity/  
Mortality**

## Key Effect Modifiers

- Strategies used, teacher certification or training, duration
- Student grade, gender, race, ethnicity, SES
- School physical environment, amount of PE, school policies, location