

# National Physical Education and Sport Week

## "Let's *SHAPE* America through Dance"

**May 1-7**

With the launch of our new brand and name as SHAPE America, this year's theme is "Let's *SHAPE* America through Dance!" This special week focuses on the value of physical education and activity in the lives of children and adults and kicks off [National Physical Fitness and Sports Month](#), sponsored by the President's Council on Fitness, Sports & Nutrition.

Check out 4 dance routines including the SHAPE America Dance, 2 *Let's Move!* style flash dance routines, and the Fuel Up to Play 60 Dance to teach students and get them moving. Together we can make a difference in shaping America one school at a time!

Take advantage of additional free resources including, a template press release and National PE and Sport Week resolution to edit and customize for your school community.

### **How can National Physical Fitness and Sports Month make a difference?**

We can use this month to raise awareness about the benefits of physical activity.

Here are just a few ideas:

- Encourage families to make small changes, like taking a walk after dinner or going for a bike ride.
- Motivate teachers and administrators to make physical activity a part of every student's day.
- Identify youth leaders in the community who can talk to their peers about the importance of being active.

## **How can I help spread the word?**

- Add information about physical activity to your newsletter.
- Tweet about National Physical Fitness and Sports Month.
- Host a community event where families can be active and learn about more family-friendly fitness activities.
- Promote your event on social media using hashtag #NATPEWeek and tag your photos and videos with @SHAPE\_America.