



THE STATE EDUCATION DEPARTMENT / THE UNIVERSITY OF THE STATE OF NEW YORK / ALBANY, NY 12234

OFFICE OF STANDARDS AND INSTRUCTIONAL PROGRAMS

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TO: BOCES District Superintendents
Superintendents of Public Schools
Charter School Leaders
Non-public School Administrators

FROM: Dr. Santosha Oliver, Assistant Commissioner *Santosha Oliver*

SUBJECT: National Physical Education and Sport Week – May 1-7, 2025

Each May, schools across the nation celebrate National Physical Education and Sport week to highlight the essential role of physical education in student development and lifelong wellness. This celebration is part of National Physical Fitness and Sports Month and is grounded in our collective responsibility to support the physical, cognitive, and social emotional growth of all students.

Physical education is a required academic subject in New York State, delivered by NYS-certified educators through intentional, sequential instruction aligned with the [NYS Physical Education Learning Standards \(2020\)](#). More than just movement, physical education fosters the development of the whole child, supporting students' physical, cognitive, social, and emotional growth. In PE classes, students build confidence, learn to work collaboratively, and acquire the knowledge and skills that promote lifelong health and success.

At the heart of physical education instruction is the development of physical literacy: the skills, confidence, and motivation necessary for individuals to engage in personally meaningful physical activity throughout life. High-quality physical education ensures equitable access to learning experiences that are meaningful to the learner, culturally affirming, and empower students to care for their well-being in enduring ways.

We encourage school communities to mark this week by promoting inclusive, meaningful experiences that highlight the joy and lifelong benefits of physical activity. Schools might host activity challenges, physical literacy showcases, or community walk-and-roll events that encourage teamwork, respect, and community engagement. Spotlighting student voice, recognizing acts of leadership and sportsmanship, and involving families in active programming can further foster a supportive culture of movement and well-being. These celebrations provide a unique opportunity to reinforce positive behaviors and cultivate a deep

appreciation for physical activity across all grade levels. More ideas can be found on the [Office of Standards and Instruction's website](#).

The Department thanks you for your efforts to ensure that every child experiences physical education that is relevant, inclusive, and empowering, to reflect our shared belief in an education that prepares students not just for graduation, but for life.

For more resources and guidance, please visit the Office of Standards and Instruction's Physical Education website. For questions regarding physical education, contact the Office of Standards and Instruction at P12StandardsInstruction@NYSED.gov or (518) 474-5922.