



Shape of the Nation

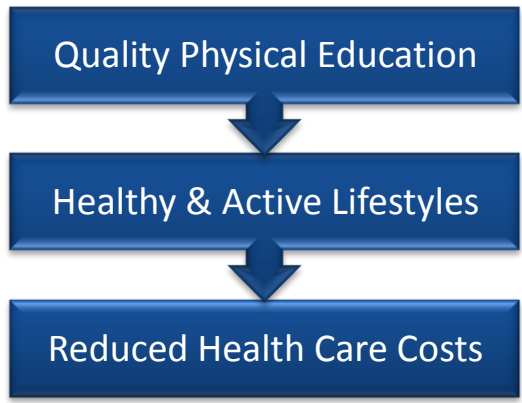
PHYSICAL EDUCATION IN U.S. SCHOOLS

Schools are uniquely positioned to provide physical education instruction, other physical activity opportunities, and a supportive environment so students become physically literate individuals, who participate in lifelong physical activity.

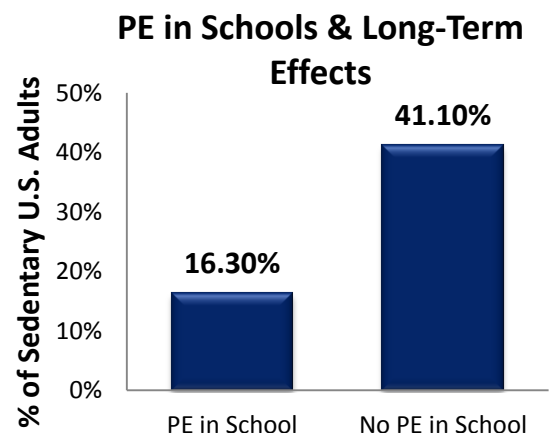
Benefits of Quality Physical Education

- Positive relationship with **academic achievement**
- Positive association with **attention, concentration**, and **on-task behavior**
- Encourages **lifetime healthy habits**
- Strategy for **reducing childhood obesity**

PHYSICAL EDUCATION = ACTIVE LIFESTYLES & IMPROVED HEALTH!

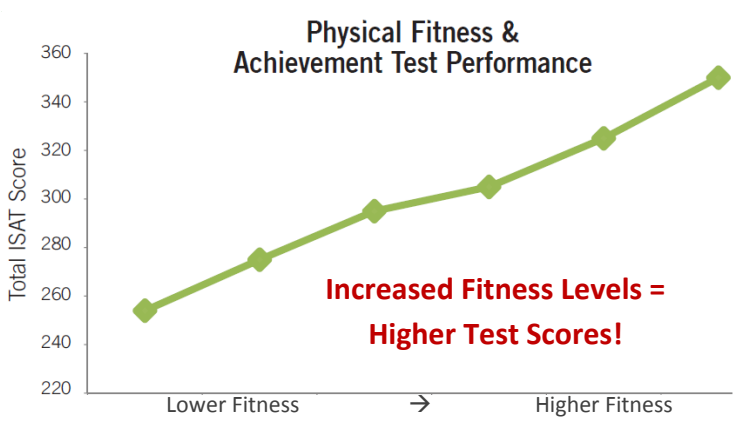


For every **\$1.00** spent on prevention, **\$3.25** is saved in future health care costs!



Children who have PE are **2.5 times** less likely to live sedentary lives as adults!

PHYSICAL EDUCATION = IMPROVED ACADEMIC ACHIEVEMENT!

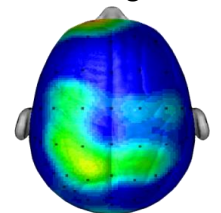


Hillman C.H., Erickson K.I., Kramer A.F. Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition. 2008.

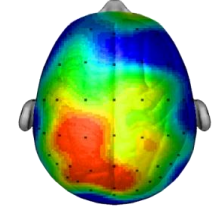
Average Composite of 20 Student Brains Taking the Same Test

COLOR KEY:
 Cool Colors – low to minimum brain activity
 Warm Colors – mid to high brain activity

Brains After Sitting Quietly



Brains After 20 Minute Walk



Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children. 2009.



National Association for Sport and Physical Education
 an association of the American Alliance for Health, Physical Education, Recreation and Dance

NASPE Sets the Standard



SPEAK Out! Day

Supporting Physical Education & Activity K-12

Quality Physical Education = Students Academically Engaged = Better Academic Performance & More Active Lifestyles

SENATE - Cosponsor the PHYSICAL Act

- The Promoting Health as Youth Skills in the Classroom Act (S. 392) would amend the Elementary and Secondary Education Act (ESEA) to recognize **physical education and health education as core academic subjects.**
- Designating physical education and health education as core subjects would allow schools to use Title I and Title II funds for physical education and health education programs.

Please cosponsor the PHYSICAL Act S. 392

Contact Fern Goodheart in Senator Tom Udall's office
Fern_goodheart@tomudall.senate.gov

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Carol M. White Physical Education Program (PEP)

- Through the U.S. Department of Education, PEP provides grants to local educational agencies and community-based organizations to **initiate, expand, or enhance physical education programs.**
- PEP grants fund training and education of teachers and staff, curricula and equipment to enable students to participate in physical education activities.
- The average expenditure on PE programs is \$764 per school—PEP often provides the only funding for PE.
- At current funding levels, only 10% of applicants can be funded.

Please support PEP as a stand-alone program at current funding level of \$78 million.



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