

Let's MOVE in School!

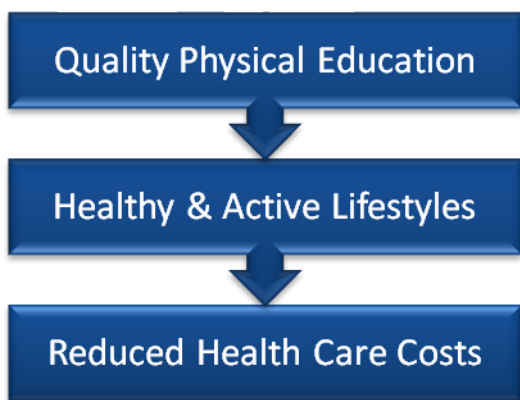


Schools are uniquely positioned to provide physical education instruction, other physical activity opportunities, and a supportive environment so students become physically educated individuals, who participate in lifelong physical activity.

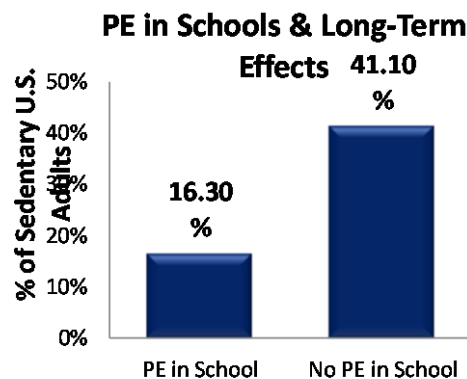
Benefits of Quality Physical Education

- Positive relationship with **academic achievement**
- Positive association with **attention, concentration, and on-task behavior**
- Encourages **lifetime healthy habits**
- Strategy for **reducing childhood obesity**
- Foundation for a **Comprehensive School Physical Activity Program**

PHYSICAL EDUCATION = ACTIVE LIFESTYLES & IMPROVED HEALTH!



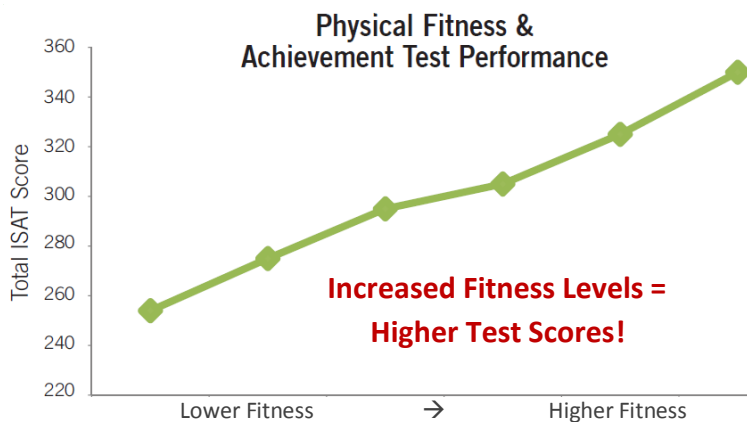
For every **\$1.00** spent on prevention, **\$3.25** is saved in future health care costs!



Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

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

PHYSICAL EDUCATION = IMPROVED ACADEMIC ACHIEVEMENT!

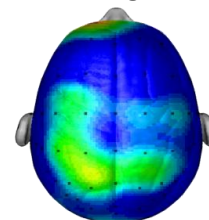


Increased Fitness Levels = Higher Test Scores!

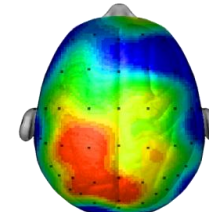
Hillman C.H., Erickson K.I., Kramer A.F. Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition. 2008.

Average Composite of 20 Student Brains Taking the Same Test

Brains After Sitting Quietly



Brains After 20 Minute Walk



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

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