

Let's MOVE in School!

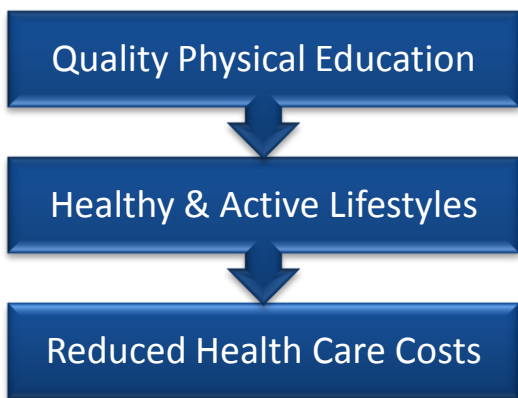


Schools are uniquely positioned to provide **physical education instruction**, other **physical activity opportunities**, and a **supportive environment** so students become **physically educated individuals**, who participate in **lifelong physical activity**.

Benefits of Quality Physical Education

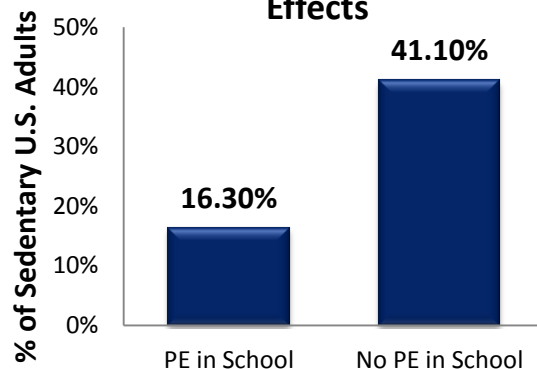
- Positive relationship with **academic achievement**
- Positive association with **attention, concentration**, and **on-task behavior**
- Encourages **lifetime healthy habits**
- Strategy for **reducing childhood obesity**
- Foundation for a **Comprehensive School Physical Activity Program**

PHYSICAL EDUCATION = ACTIVE LIFESTYLES & IMPROVED HEALTH!



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

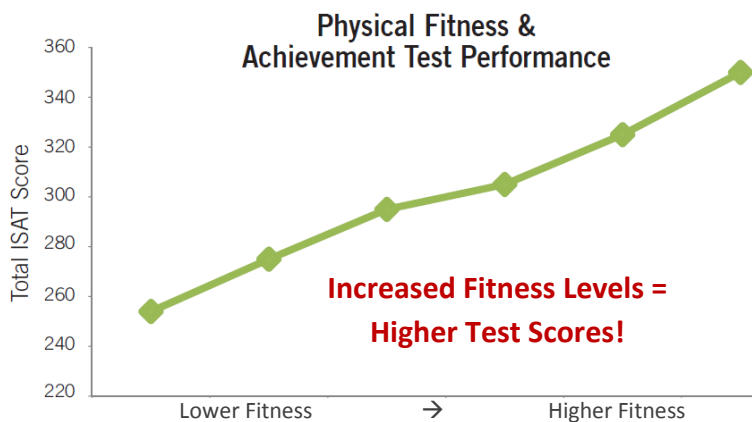
PE in Schools & Long-Term Effects



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!

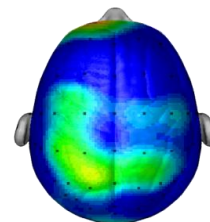
PHYSICAL EDUCATION = IMPROVED ACADEMIC ACHIEVEMENT!



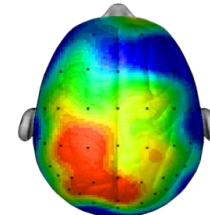
Hillman C.H., Erickson K.I., Kramer A.F. Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition. 2008.

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



National Association for Sport and Physical Education

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

NASPE Sets the Standard

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