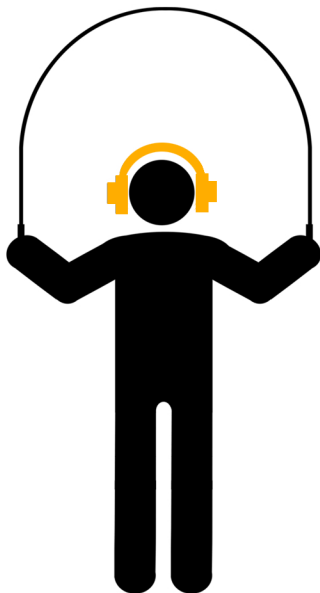


Students Find Value in Health and Physical Education

SHAPE America is committed to **empowering all children** to lead healthy and active lives through effective **health and physical education** programs.

Benefits of Physical Education to Students

More than half of students reported enjoying PE and recognized the importance to their future health in addition to a wide variety of additional benefits.



- 41%** Relieves stress
- 40%** Helps me to work well with others
- 32%** Gives me confidence
- 30%** Helps me to focus
- 24%** Teaches me problem solving and how to meet challenges
- 23%** Helps me to be a better student

Student Attitudes on the Importance of Health Education Class on Future Health

Nearly **92%** of students having studied health education believe that it is important to their future health.

42% VERY IMPORTANT

50% SOMEWHAT IMPORTANT

6% NOT TOO IMPORTANT

2% NOT AT ALL IMPORTANT

Lifelong Skills Learned Through Physical Education

Importance of a physically active lifestyle **58%**

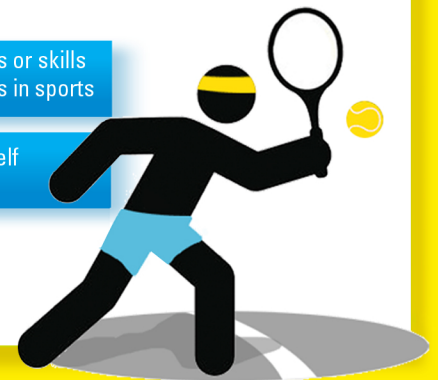
How to set fitness goals and maintain fitness levels **57%**

Skills necessary to play sports or be physically active **54%**

Nine in 10 students report developing beneficial skills through their physical education class experience that they use outside of physical education.

48% Competitive strategies or skills necessary for success in sports

44% How to respect myself and others



The **Every Student Succeeds Act (ESSA)** identifies school health and physical education as part of a student's "well-rounded education" for the first time in federal education law. This new legislation provides increased access to funds and support for health and PE programs. It's critical to have a voice for health and physical education at the table as decisions are made. Please visit www.shapeamerica.org/advocacy for all the tools and resources you need to get informed and stay involved.