PE + Health = Student Success

Benefits of Health & Physical Education to Students

★ Positive relationship with academic achievement and test scores
★ Positive association with attention, concentration and on-task behavior
★ Encourages lifetime healthy habits
★ Improves social and emotional learning skills
★ Reduces discipline referrals and participation in high-risk behaviors

SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

Nearly 92% of students that attended health education class believe it is important to their future health.

Findings from 2016 myCollegeOptions®/SHAPE America research study: National sample includes 132,096 high school students.

ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance

Average Composite of 20 Student Brains Taking the Same Test


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Health and Physical Education in the Elementary and Secondary Education Act

NO CHILD LEFT BEHIND

★ Health and physical education were not included as core academic subjects.
★ Access to federal funding for health and physical education was limited.
★ Health and physical education programs and funding were cut across the country.
★ Carol M. White Physical Education Program (PEP) competitive grant was established to support innovative physical education programs in schools. Funded at $47 to $78 million from FY 2002 – FY 2016.

EVERY STUDENT SUCCEEDS ACT

★ Health and physical education are included in the definition of a well-rounded education (which replaces the core subjects definition), along with 16 other subjects.
★ ESSA congressional intent supports providing all students with a robust well-rounded education experience which should include health and physical education.
★ Title I (low income schools), Title II (professional development for all school employees) and Title IV, Part A funding can support health and physical education programs in schools.
★ Title IV, Part A, Student Support and Academic Enrichment Grants, provides block grants to states to support: well-rounded education (min. 20%), safe and healthy students (min. 20%), and effective use of technology. Health and physical education can be funded through all three areas of the grant.
★ The PEP grant and nearly two dozen other grant programs that were authorized under NCLB, were consolidated into Title IV, Part A.
★ Title IV, Part A was authorized at $1.6 billion in ESSA.

FY 2017 - FY 2021 EDUCATION FUNDING

★ Title IV, Part A is the third largest authorized program in ESSA and therefore requires a meaningful investment in order to show true results and a significant impact in schools.
★ FY 2017 appropriations legislation funded Title IV, Part A at only $400 million, a mere 25% of the authorized level, in the inaugural year of this program.
★ Congress appropriated $1.1 billion for Title IV, Part A in FY 2018, $1.17 billion in FY 2019, $1.21 billion in FY 2020, and $1.22 billion in FY 2021, allowing school districts to make significant investments in programs covered under this state block grant for the first time in the 2018-19 school year, but still falling short of full funding.
★ A low level of funding for Title IV, Part A will cause schools to divide limited funds among numerous programs. This will limit flexibility and will not allow states and districts to make necessary investments in student learning and well-being, through critical programs that are often the first to be cut when there are budget shortfalls. It is therefore essential to fully fund Title IV, Part A for FY 2022 at $1.6 billion.
★ Title II, Part A was underfunded at $2.06 billion in FY 2018 and 2019, $2.1 billion in FY 2020, and $2.14 billion in FY 2021, resulting in fewer opportunities for schools to offer evidence-based professional development to school personnel.
★ It is essential to adequately fund Title II, Part A in for FY 2022. Elimination of funding or a low level of funding will undermine schools’ capacity to ensure teachers are delivering appropriate instruction, standards-based curriculum, and implementing innovative programs, especially while schools and teachers continue to navigate the challenges of the COVID-19 pandemic.

Please support:

1 Bipartisan congressional intent by funding Title IV, Part A of the Every Student Succeeds Act at the authorized amount of $1.6 billion for FY 2022.

2 Professional development for teachers by funding Title II, Part A of the Every Student Succeeds Act at $2.6 billion for FY 2022.

3 The need to prioritize effective health and physical education in schools through the COVID-19 pandemic. Please share national health and physical education COVID-19 resources with school leaders.

SHAPE America
Society of Health and Physical Educators®
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