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
★ Strategy for reducing childhood obesity
★ 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.

Physical Fitness and Achievement Test Performance

Increased Fitness Levels = Higher Test Scores!

Average Composite of 20 Student Brains Taking the Same Test


PE in Schools and Long Term Effects

Children who have PE are 2.5 times more likely to be active adults

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

Active & Healthy Students Are Better Learners

Children of Parents Who Exercise Have Higher IQs & Better Academic Performance

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 $100 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 $1.65 billion in ESSA.

FY 2017 AND FY 2018 FUNDING

★ The FY 2017 continuing resolution that funds federal government programs through April 28 does not address any of the changes made to education programs through ESSA.
★ The Trump Administration’s FY 2017 budget recommends $3 billion in cuts to education funding. While it does not address Title IV, Part A specifically, it does target several programs that were consolidated into the block grant for elimination, including the PEP grant which was funded in FY 2016.
★ The Trump Administration’s FY 2017 budget recommends reducing Title II, Part A funding by 50%.
★ The Trump Administration’s FY 2018 “skinny” budget calls for $9 billion in education cuts, including the elimination of Title II, Part A grants, but is silent on funding for Title IV, Part A. A more comprehensive budget is expected in May.
★ The Title IV, Part A is the third largest authorized program in ESSA. Failing to adequately fund it would undermine the bipartisan congressional intent of ESSA.
★ The Trump Administration’s FY 2018 budget recommends the elimination of Title IV, Part B, 21st Century Community Learning Centers program, which supports after-school and summer programs in low-income areas.
★ It is essential to fully fund Title IV, Part A in any appropriations legislation for the remainder of FY 2017 and for FY 2018. A low level of funding, divided among numerous programs will limit flexibility and will not allow states and school districts to make a meaningful investment in student learning and well-being.

Please support:

1 Bipartisan congressional intent by funding Title IV, Part A of the *Every Student Succeeds Act* at its authorized amount of $1.65 billion for FY 2018

2 Professional development for educators by funding Title II, Part A of the *Every Student Succeeds Act* at its authorized amount of $2.295 billion for FY 2018

3 After-school programs by funding Title IV, Part B of the *Every Student Succeeds Act* at its authorized amount of $1.1 billion for FY 2018

Please send your state’s superintendent of education and/or governor a letter requesting that they support health and physical education as they prioritize and distribute federal education funding across the state.

shapeamerica.org/advocacy  #SHAPEadvocacy