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.

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

Physical Fitness and Achievement Test Performance

Increased Fitness Levels = Higher Test Scores!

Average Composite of 20 Student Brains Taking the Same Test

BRAIN AFTER SITTING QUIETLY

COOL COLORS: low to minimum brain activity

WARM COLORS: mid to high

BRAIN AFTER 20 MINUTE WALK


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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 $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 2018 AND FY 2019 FUNDING
- The FY 2018 continuing resolution that funds federal government programs through March 23, will fund all ESSA programs at FY 2017 levels.
- The FY 2017 appropriations legislation funded Title IV, Part A at only $400 million, a mere 25% of the authorized level.
- Title II, Part A was funded at $2.1 billion in the FY 2017 appropriations legislation, resulting in a $195 million cut.
- The Trump Administration’s FY 2018 budget calls for $9 billion in education cuts, including the elimination of Title IV, Part A and Title II, Part A. This stands in stark contrast to what was supported by a bipartisan Congress with the passage of ESSA.
- The Title IV, Part A is the third largest authorized program in ESSA.
- 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 school districts to make a meaningful investment in student learning and well-being. It is therefore essential to fully fund Title IV, Part A for the remainder of FY 2018 and 2019.
- It is essential to fully fund Title II, Part A in any appropriations legislation for the remainder of FY 2018 and 2019. Elimination of funding or a low level of funding will undermine schools’ ability to ensure teachers are delivering appropriate instruction, standards-based curriculum, and implementing innovative programs.

Please support:
3. Visit an effective health or physical education in your home state or district to see the impact on students and school community.

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