**Kids Need Both**

<table>
<thead>
<tr>
<th>Physical Education</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Physical education is an academic, skill-based class.</td>
<td>• Students need BOTH physical education and physical activity to learn and apply skills. Without BOTH, students miss the opportunity to learn or practice these skills.</td>
</tr>
<tr>
<td>• Physical activity provides opportunities to apply skills learned in physical education.</td>
<td></td>
</tr>
</tbody>
</table>

**Physical Education...**

- is taught by a teacher certified in physical education
- has lessons based on National Physical Education Standards and Outcomes
- has sequential activities that are designed to meet outcomes

**Both Help...**

- **the brain**
  - decrease stress
  - increase academic performance
- **the body**
  - improve fitness level
  - prevent injury and disease

**Physical Activity...**

- is led or supervised by any adult
- can be structured or unstructured
- may include any type of movement

Physical education and physical activity develop students’ knowledge, skills and confidence to be physically literate students who are active for a lifetime.

www.shapeamerica.org