Active kids learn better. When students get more time for health and physical education (HPE) they do better physically, mentally, and emotionally.

**ALASKA PHYSICAL EDUCATION**

SHAPE America Recommendations:

All children deserve the benefits of a well-rounded education which includes effective health and physical education provided by trained and certified teachers.

- 30 minutes of daily PE for elementary grade levels
- 45 minutes of daily PE for secondary school grade levels

84% of Alaska high school students did not attend PE class at all during an average school week.

**Does Alaska...**

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have state-adopted PE standards?</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Require 30 minutes per day of elementary school PE?</td>
<td>×</td>
<td></td>
</tr>
<tr>
<td>Require 45 minutes per day of middle school/junior high school PE?</td>
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</tr>
<tr>
<td>Require 45 minutes per day of high school PE?</td>
<td>×</td>
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<tr>
<td>Require that only certified physical educators teach elementary PE?</td>
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<tr>
<td>Require that only certified physical educators teach middle school/junior high school PE?</td>
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</tr>
<tr>
<td>Require that only certified physical educators teach high school PE?</td>
<td>×</td>
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</tbody>
</table>

**Take Action:** Any red “×” above indicates an opportunity for improvement.

**SPEAK OUT FOR HEALTH & PE**

The Every Student Succeeds Act (ESSA) identifies school health and physical education (HPE) as part of a student’s well-rounded education, giving all HPE teachers an opportunity to elevate their program and gain support from their school and local community.

**Parent Support for HPE**

91% of parents feel that there should be more physical education in schools, particularly for addressing obesity.

Stay informed. Get involved.

Sources:
- SHAPE America/American Heart Association, 2016 Shape of the Nation™
- Centers for Disease Control and Prevention, 2015 Youth Risk Behavior Surveillance System
- Centers for Disease Control and Prevention, 2014 School Health Policies and Practices Study
- Harvard School of Public Health, Obesity as a public health issue: A look at solutions
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

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

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.