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

**COLORADO 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

70% of U.S. high school students did not attend PE class at all during an average school week.

**DOES COLORADO...** | **YES** | **NO**
--- | --- | ---
Have state-adopted PE standards? | ✓ | △
Require 30 minutes per day of elementary school PE? | △ | △
Require 45 minutes per day of middle school/junior high school PE? | △ | △
Require 45 minutes per day of high school PE? | △ | △
Require that only certified physical educators teach elementary PE? | △ | △
Require that only certified physical educators teach middle school/junior high school PE? | △ | △
Require that only certified physical educators teach high school PE? | △ | △

**HEALTH EDUCATION TRENDS IN THE UNITED STATES**

- **Percentage of Schools that Follow Standards-Based Health Education**

<table>
<thead>
<tr>
<th>Percentage of Schools</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary</td>
<td>74.9%</td>
</tr>
<tr>
<td>Middle/Junior High</td>
<td>75.1%</td>
</tr>
<tr>
<td>High</td>
<td>90.6%</td>
</tr>
</tbody>
</table>

- **Percentage of Programs Taught by a Certified Health Educator**

<table>
<thead>
<tr>
<th>Percentage of Programs</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary</td>
<td>23.5%</td>
</tr>
<tr>
<td>Middle/Junior High</td>
<td>50.3%</td>
</tr>
<tr>
<td>High</td>
<td>78.3%</td>
</tr>
</tbody>
</table>

**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.

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

Parents feel that there should be more physical education in schools, particularly for addressing obesity.

shapeamerica.org/states #SHAPEadvocacy
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

Increased Fitness Levels = Higher Test Scores!

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.


shapeamerica.org/advocacy  #SHAPEadvocacy