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

CONNECTICUT 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

89% of Connecticut high school students did not attend PE class at all during an average school week.

<table>
<thead>
<tr>
<th>DOES CONNECTICUT...</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>X</td>
</tr>
<tr>
<td>Require 45 minutes per day of middle school/junior high school PE?</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Require 45 minutes per day of high school PE?</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Require that only certified physical educators teach elementary PE?</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Require that only certified physical educators teach middle school/junior high school PE?</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Require that only certified physical educators teach high school PE?</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

TAKE ACTION: Any red “X” 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.

Stay informed. Get involved.

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**

- Increased Fitness Levels = Higher Test Scores!

**Average Composite of 20 Student Brains Taking the Same Test**

**COLOR KEY**
- **COOL COLORS:** low to minimum brain activity
- **WARM COLORS:** mid to high


**BRAIN AFTER SITTING QUIETLY**

**BRAIN AFTER 20 MINUTE WALK**