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

### IDAHO 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

79% of Idaho high school students did not attend PE class at all during an average school week.

**DOES IDAHO...**

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

**TAKE ACTION:** Any red “✗” above indicates an opportunity for improvement.

### HEALTH EDUCATION TRENDS IN THE UNITED STATES

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

- Elementary: 74.9%
- Middle/Junior High: 75.1%
- High: 90.6%

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

- Elementary: 23.5%
- Middle/Junior High: 50.3%
- High: 78.3%

### 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.
- Harvard School of Public Health, Obesity as a public health issue: A look at solutions.
PE + Health = Student Success

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.

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


shapeamerica.org/advocacy #SHAPEadvocacy