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

ILLINOIS 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

39% of Illinois high school students did not attend PE class at all during an average school week.

<table>
<thead>
<tr>
<th>DOES ILLINOIS...</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>
<td>○</td>
<td></td>
</tr>
<tr>
<td>Require 45 minutes per day of high school PE?</td>
<td>○</td>
<td></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 “○” 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.

**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.

**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


SHAPE America
Society of Health and Physical Educators®

health. moves. minds.

shapeamerica.org/advocacy  #SHAPEadvocacy