Does North Carolina...

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

75% of North Carolina high school students did not attend PE class at all during an average school week.

DOES NORTH CAROLINA...

<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.

Sources:

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

Stay informed. Get involved.

shapeamerica.org/states #SHAPEadvocacy
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

Children who have PE are 2.5 times more likely to be active adults

Average Composite of 20 Student Brains Taking the Same Test

Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

SHAPE America
health. moves. minds.

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