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

**NORTH DAKOTA 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

**DOES NORTH DAKOTA...**

<table>
<thead>
<tr>
<th></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.

**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.

**PARENT SUPPORT FOR HPE**

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

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.

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

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

PE in Schools and Long Term Effects

PE IN SCHOOL

NO PE IN SCHOOL

16.30%

41.10%

0%

10%

20%

30%

40%

50%

% OF SEDENTARY U.S. ADULTS

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

Average Composite of 20 Student Brains Taking the Same Test

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