**OREGON 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

**70% of U.S. high school students did not attend PE class at all during an average school week.**

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

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**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.

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**HEALTH EDUCATION TRENDS IN THE UNITED STATES**

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

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Elementary</th>
<th>Middle/Junior High</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>74.9%</td>
<td>75.1%</td>
<td>90.6%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Elementary</th>
<th>Middle/Junior High</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>23.5%</td>
<td>50.3%</td>
<td>78.3%</td>
</tr>
</tbody>
</table>

**PARENT SUPPORT FOR HPE**

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

Sources:

**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**

- BRAIN AFTER SITTING QUIETLY
- BRAIN AFTER 20 MINUTE WALK

**PE in Schools and Long Term Effects**

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

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

**Findings from 2016 myCollegeOptions®/SHAPE America research study:**
- National sample includes 132,096 high school students.
- Nearly 92% of students that attended health education class believe it is important to their future health.

**Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children. 2009.**

**SHAPE America**

Society of Health and Physical Educators

health. moves. minds.

shapeamerica.org/advocacy  #SHAPEadvocacy