PE + Health = Student Success
Pennsylvania Fact Sheet

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

**Pennsylvania 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

82% of Pennsylvania high school students did not attend PE class at all during an average school week.

**Does Pennsylvania...**

<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>X</td>
</tr>
<tr>
<td>Require 45 minutes per day of middle school/junior high school PE?</td>
<td>✓</td>
<td>X</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 “X” 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.


shapeamerica.org/states #SHAPEadvocacy

**Parent Support for HPE**

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

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**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.

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**ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS**

**Physical Fitness and Achievement Test Performance**

![Graph showing increased fitness levels correlate with 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


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**SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®**

health. moves. minds.

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