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

**VIRGINIA 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

87% of Virginia high school students did not attend PE class at all during an average school week.

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

Sources:
- SHAPE America/American Heart Association, 2016 Shape of the Nation™
- Centers for Disease Control and Prevention, 2015 Youth Risk Behavior Surveillance System
- Centers for Disease Control and Prevention, 2014 School Health Policies and Practices Study
- Harvard School of Public Health, Obesity as a public health issue: A look at solutions

87% of Virginia high school students did not attend PE class at all during an average school week.

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

Nearly **92%** of students that attended health education class believe it is important to their future health.

**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

**ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS**

**Physical Fitness and Achievement Test Performance**

**Average Composite of 20 Student Brains Taking the Same Test**

**COLOR KEY**
- **COOL COLORS:** low to minimum brain activity
- **WARM COLORS:** mid to high

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

**SHAPE America**

health. moves. minds.