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

**VERMONT 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.

**DOES VERMONT...**

<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>

**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%

**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.

**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.

**ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS**

**Physical Fitness and Achievement Test Performance**

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

**BRAIN AFTER SITTING QUIETLY**
- **COLOR KEY**
  - **COOL COLORS**: low to minimum brain activity
  - **WARM COLORS**: mid to high

**BRAIN AFTER 20 MINUTE WALK**

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**Findings from 2016 myCollegeOptions℠/SHAPE America research study:**
National sample includes 132,096 high school students.

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

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

**SHAPE America**

health. moves. minds.

[shapeamerica.org/advocacy](http://shapeamerica.org/advocacy)  #SHAPEadvocacy