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

**WEST 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

**DOS WEST VIRGINIA...**

<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>
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<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>
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</tr>
<tr>
<td>Require that only certified physical educators teach elementary PE?</td>
<td>✔️</td>
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<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>
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</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.


**PARENT SUPPORT FOR HPE**

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

shapeamerica.org/states  #SHAPEadvocacy
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

Average Composite of 20 Student Brains Taking the Same Test

Increased Fitness Levels = Higher Test Scores!
