PE + Health = Student Success

BENEFITS OF PHYSICAL EDUCATION & HEALTH EDUCATION
★ 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 LIFESTYLES & IMPROVED HEALTH

- Health & Physical Education
- Healthy & Active Lifestyles
- Reduced Health Care Costs

For every $1.00 spent on prevention, $3.25 is saved in future health care costs!

BENEFITS OF PHYSICAL EDUCATION & HEALTH EDUCATION


ACADEMIC ACHIEVEMENT

Physical Fitness and Achievement Test Performance

Increased Fitness Levels = Higher Test Scores!

Average Composite of 20 Student Brains Taking the Same Test


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Cosponsor the PHYSICAL Act

- The Promoting Health as Youth Skills in the Classroom Act would amend the Elementary and Secondary Education Act (ESEA) to recognize physical education and health education as core academic subjects, allowing schools to use a greater pool of funds for these programs.
- Reauthorizes PEP—a competitive grant program that funds innovative physical education programs in schools—as a stand-alone program in ESEA.

Senate—
Please cosponsor the PHYSICAL Act
S. 418
Contact Fern Goodhart in Sen. Tom Udall’s office
Fern_Goodhart@tomudall.senate.gov

House—
Please cosponsor the PHYSICAL Act
Contact Clifton Williams in Rep. Marcia Fudge’s office
Clifton.williams@mail.house.gov

Carol M. White Physical Education Program (PEP)

- Through the U.S. Department of Education, PEP provides competitive grants to local educational agencies and community-based organizations to initiate, expand, or enhance physical education programs.
- PEP grants fund training and education of teachers and staff, curricula, materials, equipment and support to enable students to participate in physical education programs.

Please support PEP as a stand-alone program authorized within the Elementary and Secondary Education Act.

Well-Rounded Education

- Include health education and physical education within the definition of “well-rounded education” in the reauthorization of the Elementary and Secondary Education Act.
- Well-Rounded Education—The term “well-rounded education” may include activities that:
  - prepare students to be college, career, and citizenship-ready;
  - provide access to social and emotional learning and supports;
  - allow access to a complete education that provides knowledge and skills in all subject disciplines which may include reading, math, science, health education, physical education, art, music, history, civics, finance, foreign languages, and geography.

Please include the definition of well-rounded education within the Elementary and Secondary Education Act.

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