FLORIDA’S PHYSICAL EDUCATION AND HEALTH POLICIES REPORT CARD

HAVE WE DONE ALL WE CAN DO TO PREPARE FLORIDA’S YOUTH TO BE HEALTHY?

FLORIDA’S YOUTH NEED PHYSICAL EDUCATION!

EXAMPLE 1 - Vigorous and intense physical education is related to optimal gain in cognitive performance, improvement, and speed (CDC, 2010).

EXAMPLE 2 - Quality physical education provides students with the knowledge, skills, abilities, behaviors, and confidence to be physically active throughout their lifetime (Houston & Kulina, 2014).

EXAMPLE 3 - Students in high school who attend physical education three to five times per week appear to be less likely to report feelings of sadness (Bresnahan et al., 2004).

RESEARCH OVERWHELMINGLY SUPPORTS PHYSICAL EDUCATION

Support QUALITY physical education in schools!
Support state and federal legislation positively impacting physical education!
Share this report and the importance of PE with - state/federal legislators, FLDOE, school boards, school administrators, parents!

YOU CAN MAKE A DIFFERENCE!

SUPPORT PHYSICAL EDUCATION IN FLORIDA!

CURRENT PROBLEMS

Does Florida require all who teach K-12 PE to be certified/licensed? NO!
Does Florida mandate a teacher to student ratio comparable to other curricular areas? NO!

CURRENT PROBLEMS

What percent of Florida’s 6th to 8th grade students are enrolled in PE? 51%
What percent of Florida’s 9th to 12th grade students are enrolled in PE? 39%

Current grades of Florida’s youth in physical education, physical activity, and overall health.

Students who were active 60 mins ONE DAY a week.
#34 OF 41 STATES 19TH PERCENTILE

Students who were active 60 mins MOST DAYS a week.
#29 OF 41 STATES 30TH PERCENTILE

Students who attended PE class ONE TIME EACH WEEK in school.
#23 OF 37 STATES 39TH PERCENTILE

Students who attended PE class FIVE DAYS EACH WEEK in school.
#21 OF 37 STATES 41ST PERCENTILE

Students who were OBESE (<95th BMI percentile).
#16 OF 42 STATES 64TH PERCENTILE

Students who were OVERWEIGHT (85th - 95th BMI percentile)
#19 OF 42 STATES 56TH PERCENTILE

Grades were computed from national comparisons of all PE, PA level, and weight data in the Youth Risk Behavior Survey (2013). A majority of states reported data.