

# 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!



#### RESEARCH OVERWHELMINGLY SUPPORTS 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 & Kulinna, 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).

### SUPPORT PHYSICAL EDUCATION IN FLORIDA!

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

**YOU CAN MAKE A DIFFERENCE!**



### 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!**

2012 Shape of the Nation report

### CURRENT PROBLEMS

What percent of Florida's 6th to 8th grade students are enrolled in PE?

**ONLY 51%**

What percent of Florida's 9th to 12th grade students are enrolled in PE?

**ONLY 39%**

2014 FLDOE Course Enrollment Data

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

	Students who were active 60 mins <b>ONE DAY</b> a week.	<b>#34 OF 41 STATES</b> <b>19<sup>TH</sup> PERCENTILE</b>	
	Students who were active 60 mins <b>MOST DAYS</b> a week.	<b>#29 OF 41 STATES</b> <b>30<sup>TH</sup> PERCENTILE</b>	
	Students who attended PE class <b>ONE TIME EACH WEEK</b> in school.	<b>#23 OF 37 STATES</b> <b>39<sup>TH</sup> PERCENTILE</b>	
	Students who attended PE class <b>FIVE DAYS EACH WEEK</b> in school.	<b>#21 OF 37 STATES</b> <b>41<sup>ST</sup> PERCENTILE</b>	
	Students who were <b>OBESE</b> (<95th BMI percentile).	<b>#16 OF 42 STATES</b> <b>64<sup>TH</sup> PERCENTILE</b>	
	Students who were <b>OVERWEIGHT</b> (85th - 95th BMI percentile)	<b>#19 OF 42 STATES</b> <b>56<sup>TH</sup> PERCENTILE</b>	

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.