



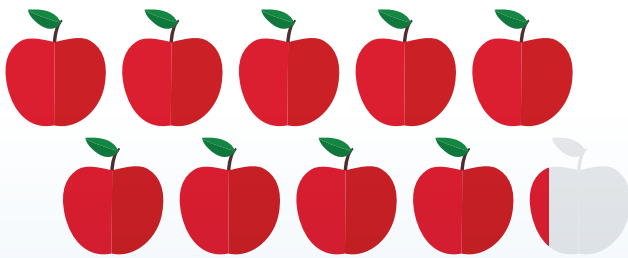
PE + Health = Student Success

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**

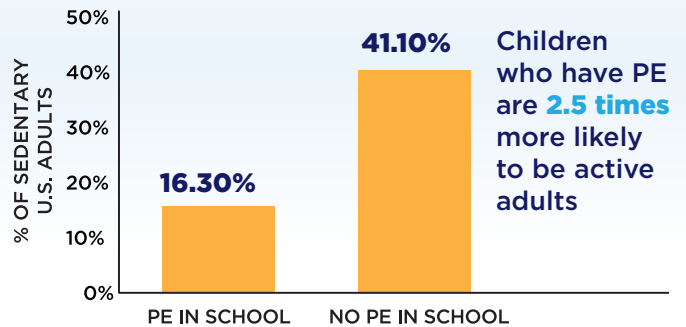
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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.

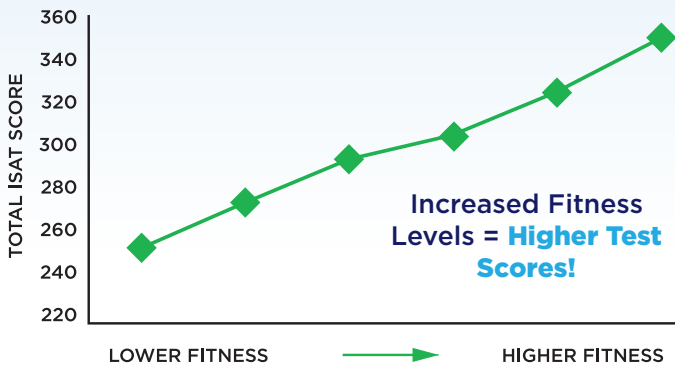
PE in Schools and Long Term Effects



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

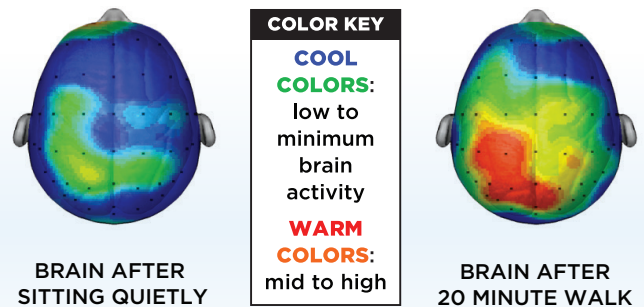
ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance



Castelli, D.M., Hillman, C.H., Buck, S.E., & Erwin, H.E. (April 2007). Physical fitness and academic achievement in 3rd and 5th grade students. *Journal of Sport & Exercise Psychology*, 29(2), 239-252.

Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. *The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children*. 2009.



Health and Physical Education in the Elementary and Secondary Education Act

NO CHILD LEFT BEHIND

- ★ Health and physical education were not included as core academic subjects.
- ★ Access to federal funding for health and physical education was limited.
- ★ Health and physical education programs and funding were cut across the country.
- ★ Carol M. White Physical Education Program (PEP) competitive grant was established to support innovative physical education programs in schools. Funded at \$47 to \$78 million from FY 2002 – FY 2016.

EVERY STUDENT SUCCEEDS ACT

- ★ Health and physical education are included in the definition of a well-rounded education (which replaces the core subjects definition), along with 16 other subjects.
- ★ ESSA congressional intent supports providing all students with a robust well-rounded education experience which should include health and physical education.
- ★ Title I (low income schools), Title II (professional development for all school employees) and Title IV, Part A funding can support health and physical education programs in schools.
- ★ Title IV, Part A, Student Support and Academic Enrichment Grants, provides block grants to states to support: well-rounded education (min. 20%), safe and healthy students (min. 20%), and effective use of technology. Health and physical education can be funded through all three areas of the grant.
- ★ The PEP grant and nearly two dozen other grant programs that were authorized under NCLB, were consolidated into Title IV, Part A.
- ★ Title IV, Part A was authorized at \$1.6 billion in ESSA.

FY 2018 AND FY 2019 FUNDING

- ★ The Trump Administration's previous budgets have proposed eliminating funding for Title II, Part A and Title IV, Part A of ESSA.
- ★ Title IV, Part A is the third largest authorized program in ESSA and therefore requires a meaningful investment in order to show true results and a significant impact in schools.
- ★ The FY 2017 appropriations legislation funded Title IV, Part A at only \$400 million, a mere 25% of the authorized level, in the inaugural year of this program.
- ★ Congress appropriated \$1.1 billion for Title IV, Part A in FY 2018 and \$1.17 billion in FY 2019, allowing school districts to make significant investments in programs covered under this state block grant for the first time in the 2018-19 school year.
- ★ A low level of funding for Title IV, Part A will cause schools to divide limited funds among numerous programs. This will limit flexibility and will not allow states and school districts to make necessary investments in student learning and well-being. It is therefore essential to fully fund Title IV, Part A for FY 2020.
- ★ Title II, Part A was funded at \$2.05 billion in FY 2017 and \$2.06 billion in FY 2018, resulting in cuts that impacted schools' ability to offer evidence-based professional development to school personnel.
- ★ It is essential to fully fund Title II, Part A in appropriations legislation for FY 2020. Elimination of funding or a low level of funding will undermine schools' capacity to ensure teachers are delivering appropriate instruction, standards-based curriculum, and implementing innovative programs.

Please support:

1 Bipartisan congressional intent by funding Title IV, Part A of the *Every Student Succeeds Act* at the authorized amount of \$1.6 billion for FY 2020.

2 Professional development for educators by funding Title II, Part A of the *Every Student Succeeds Act* at the authorized amount of \$2.295 billion for FY 2020.

3 Visit an effective health or physical education in your home state or district to see the impact on students and school community.

