



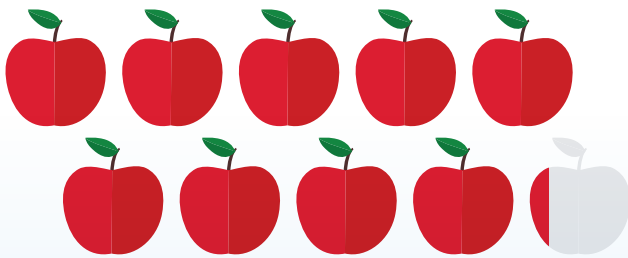
PE + Health = Student Success

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**

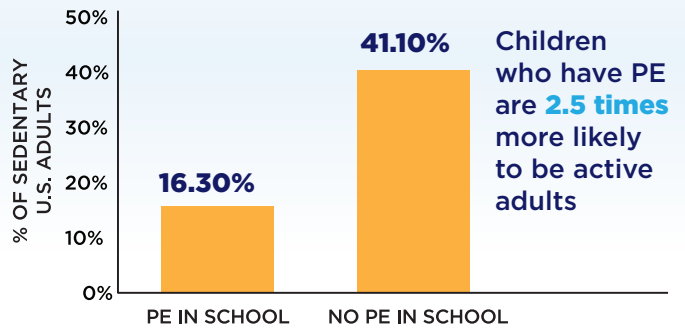
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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.

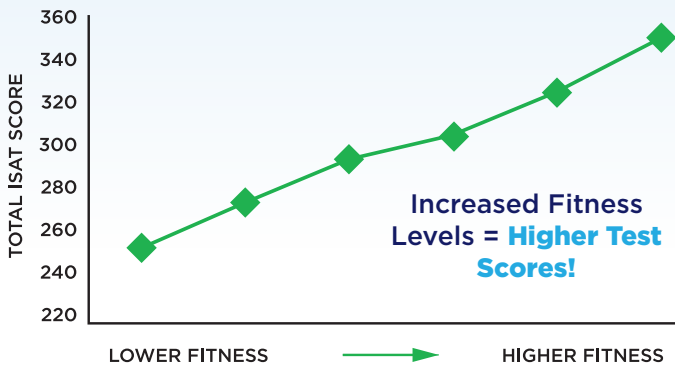
PE in Schools and Long Term Effects



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

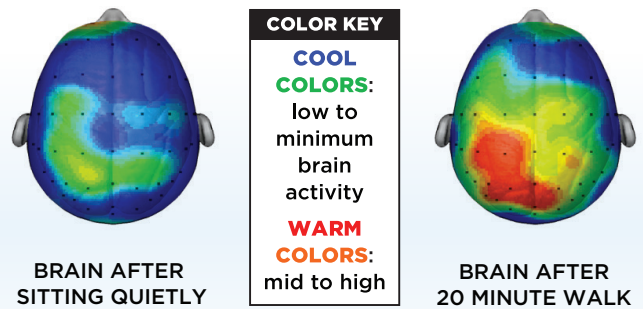
ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

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 \$100 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 \$1.65 billion in ESSA.

FY 2018 AND FY 2019 FUNDING

- ★ The FY 2018 continuing resolution that funds federal government programs through March 23, will fund all ESSA programs at FY 2017 levels.
- ★ The FY 2017 appropriations legislation funded Title IV, Part A at only \$400 million, a mere 25% of the authorized level.
- ★ Title II, Part A was funded at \$2.1 billion in the FY 2017 appropriations legislation, resulting in a \$195 million cut.
- ★ The Trump Administration's FY 2018 budget calls for \$9 billion in education cuts, including the elimination of Title IV, Part A and Title II, Part A. This stands in stark contrast to what was supported by a bipartisan Congress with the passage of ESSA.
- ★ The Title IV, Part A is the third largest authorized program in ESSA.
- ★ 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 a meaningful investment in student learning and well-being. It is therefore essential to fully fund Title IV, Part A for the remainder of FY 2018 and 2019.
- ★ It is essential to fully fund Title II, Part A in any appropriations legislation for the remainder of FY 2018 and 2019. Elimination of funding or a low level of funding will undermine schools' ability 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 2018 & FY 2019.

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 2018 & 2019.

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

