

# PE + Health = Student Success

## Maine Fact Sheet

Active kids learn better. When students get more time for health and physical education (HPE) they do better physically, mentally, and emotionally.



### MAINE PHYSICAL EDUCATION

#### SHAPE America Recommendations:

All children deserve the benefits of a well-rounded education which includes **effective health and physical education provided by trained and certified teachers.**

- ★ 30 minutes of daily PE for elementary grade levels
- ★ 45 minutes of daily PE for secondary school grade levels



**94%** of Maine high school students did not attend PE class at all during an average school week.

DOES MAINE...	YES	NO
Have state-adopted PE standards?	✓	
Require 30 minutes per day of elementary school PE?		✗
Require 45 minutes per day of middle school/junior high school PE?		✗
Require 45 minutes per day of high school PE?		✗
Require that only certified physical educators teach elementary PE?	✓	
Require that only certified physical educators teach middle school/junior high school PE?	✓	
Require that only certified physical educators teach high school PE?	✓	

**TAKE ACTION:** Any red “✗” above indicates an opportunity for improvement.

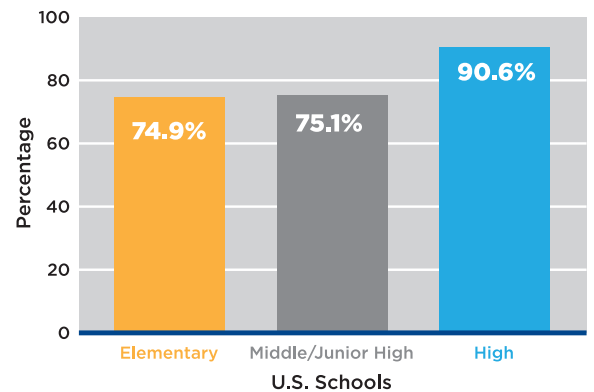
### SPEAK OUT FOR HEALTH & PE

The *Every Student Succeeds Act* (ESSA) identifies school health and physical education (HPE) as part of a student’s well-rounded education, giving all HPE teachers an opportunity to elevate their program and gain support from their school and local community.

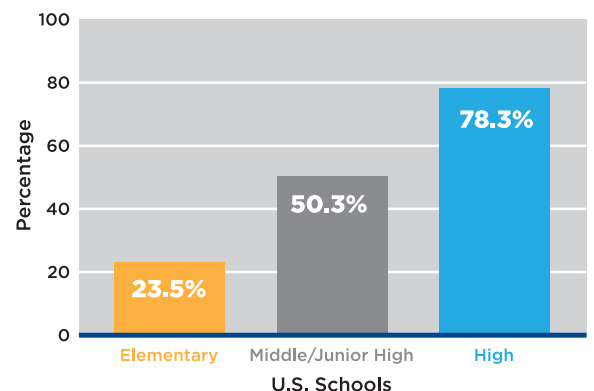
**Stay informed. Get involved.**

### HEALTH EDUCATION TRENDS IN THE UNITED STATES

Percentage of Schools that Follow Standards-Based Health Education



Percentage of Programs Taught by a Certified Health Educator



#### PARENT SUPPORT FOR HPE

**91%** of parents feel that there should be more physical education in schools, particularly for addressing obesity.



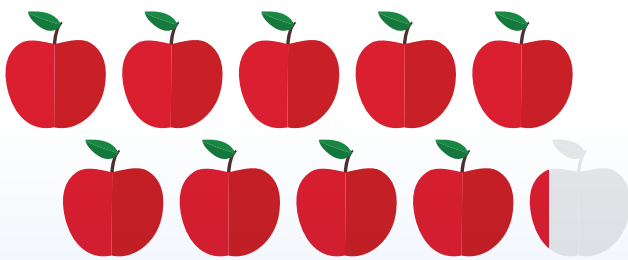
# PE + Health = Student Success

## 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**

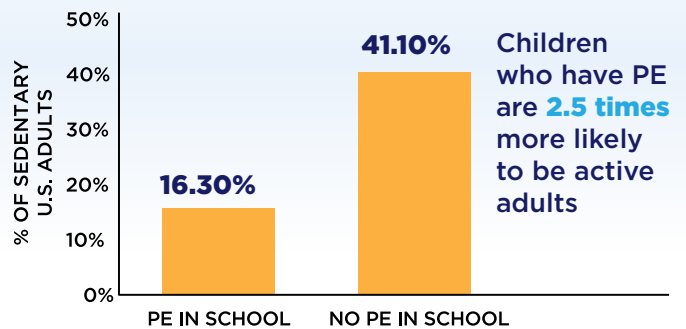
## SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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.

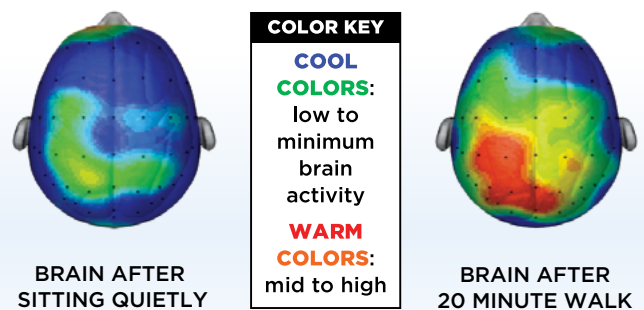
## ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

### 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.

