

PE + Health = Student Success

Washington Fact Sheet

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

Daily HPE

Good for Kids & Good for Schools

WASHINGTON 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



70% of U.S. high school students did not attend PE class at all during an average school week.

DOES WASHINGTON...	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.

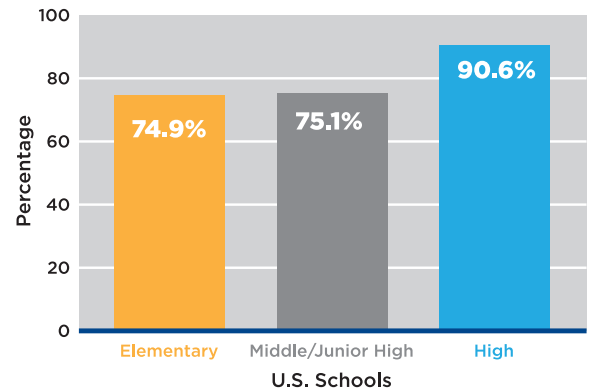
SPEAK OUT FOR HEALTH & PE

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.

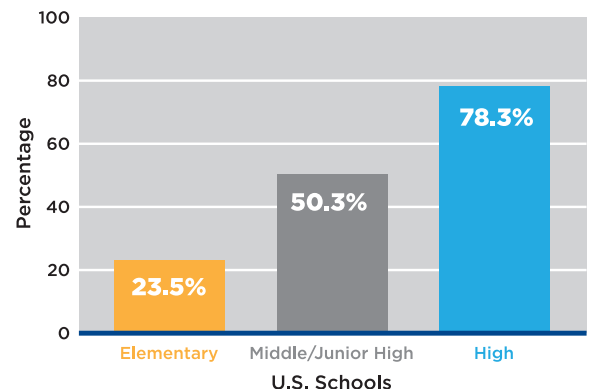
Stay informed. Get involved.

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.



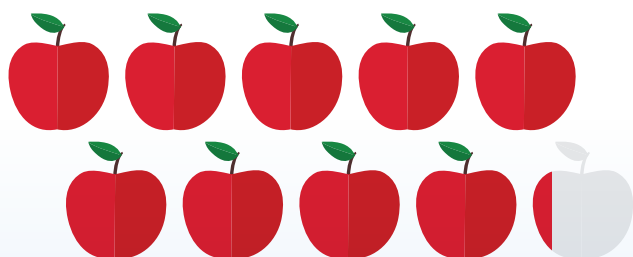
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Benefits of Health & Physical Education to Students

- ★ 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**

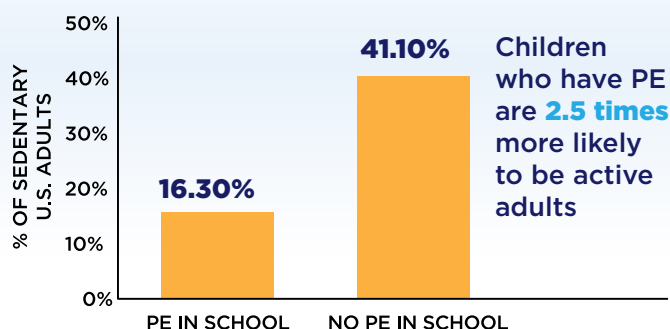
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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.

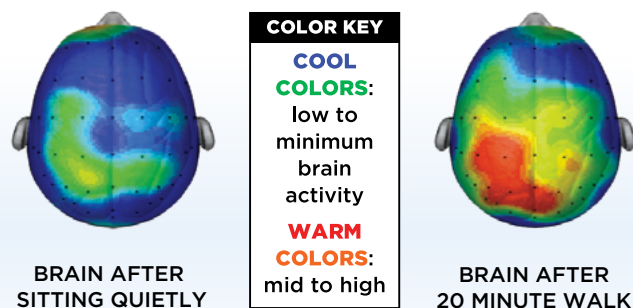
ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

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.

