SHAPE America SPEAK Out! FOR Health&PE

#SHAPEadvocacy

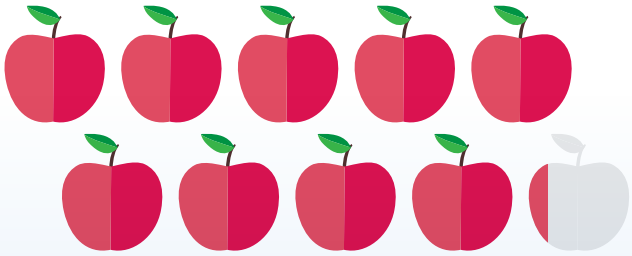
PE + Health = Thriving Students

Health & Physical Education is where students learn:

- Fundamental motor skills needed to participate in physical activity, which is vital at all ages and stages of life;
- Critical personal and social skills to help manage emotions and handle daily tasks and challenges;
- Important character values such as resilience, fairness, respect, equality, and inclusion.

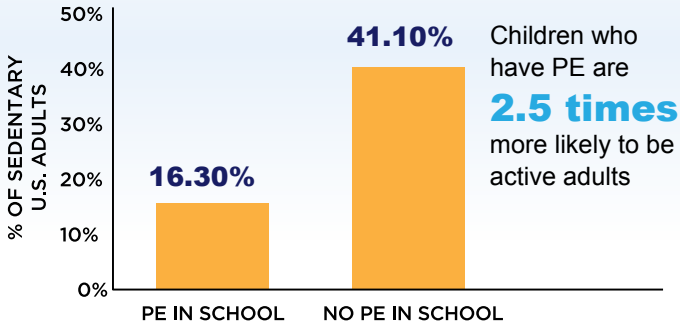
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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



Children who have PE are **2.5 times** more likely to be active adults

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

ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

Students Build Personal and Social Skills in Health & PE

Example: Students in Health & PE build skills to set personal goals and manage stress & anxiety.



Example: Students in Health & PE build skills in conflict resolution and interpersonal communication.

Collaborative for Academic, Social, and Emotional Learning Social and Emotional Learning Framework.

Average Composite of 20 Student Brains Taking the Same Test



BRAIN AFTER SITTING QUIETLY

BRAIN AFTER 20 MINUTE WALK

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

SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®

health. moves. minds.

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 2017 - FY 2026 EDUCATION FUNDING

- 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.
- 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 received small increases each year whereas Title IV, Part A was funded at $1.4 billion for FY 2026. This level of funding allows school districts to make significant investments in programs covered under this state block grant, but still falls short of the authorized amount.
- 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 districts to make necessary investments in student well-being, through programs that are often the first to be cut when there are budget shortfalls. It is therefore essential to level fund Title IV, Part A at $1.4 billion for FY 2027.
- Title II, Part A was funded at levels between $2.06 billion and $2.2 billion in FY 2018 through FY 2026, resulting in opportunities for schools to offer evidence-based professional development to school personnel.
- It is essential to level fund Title II, Part A at $2.2 billion in for FY 2027. Maintenance of this funding stream has allowed teachers to deliver appropriate instruction, standards-based curriculum, and implement innovative programs, while supporting students' mental health needs and empowering educators and parents to rebuild learning momentum.

Please support:

1 **School health, wellness, and physical education programs by level funding Title IV, Part A of the *Every Student Succeeds Act* at $1.4 billion for FY 2027.**

2 **Professional development for teachers by level funding Title II, Part A of the *Every Student Succeeds Act* at $2.2 billion for FY 2027.**

3 **Health education and physical education programs by visiting a school in your home state to see the incredible impact on students and the school community.**

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