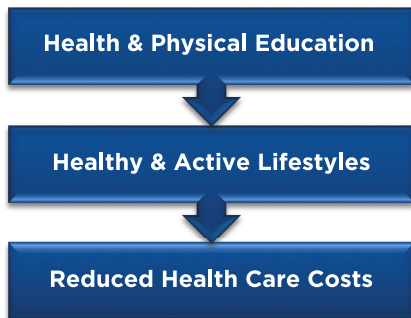


PE + Health = Student Success

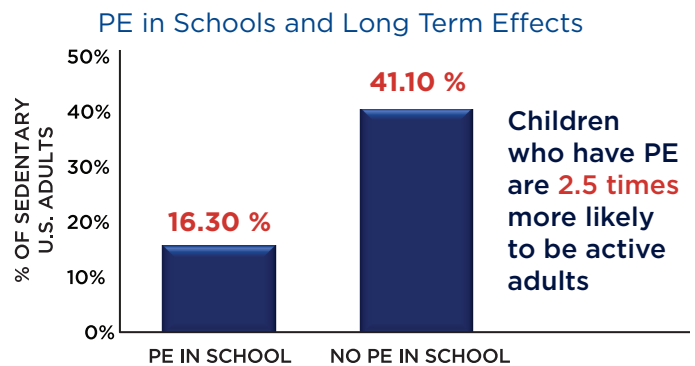
BENEFITS OF PHYSICAL EDUCATION & HEALTH EDUCATION

- ★ 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**

ACTIVE LIFESTYLES & IMPROVED HEALTH



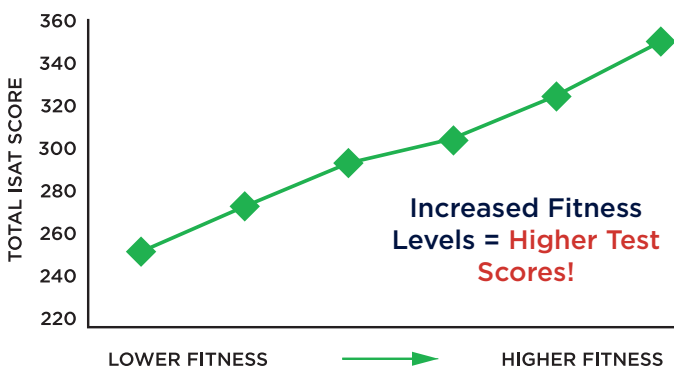
For every **\$1.00** spent on prevention, **\$3.25** is saved in future health care costs!



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

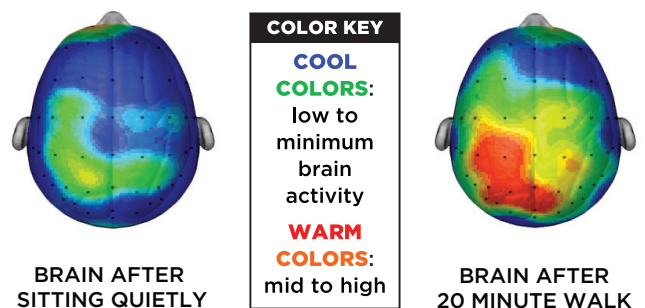
ACADEMIC ACHIEVEMENT

Physical Fitness and Achievement Test Performance



Hillman C.H., Erickson K.L., Kramer A.F. *Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition*. 2008.

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.

Cosponsor the PHYSICAL Act

- ★ The Promoting Health as Youth Skills in the Classroom Act would amend the Elementary and Secondary Education Act (ESEA) to recognize **physical education and health education as core academic subjects**, allowing schools to use a greater pool of funds for these programs.
- ★ Reauthorizes PEP—a competitive grant program that funds innovative physical education programs in schools—as a stand-alone program in ESEA.

Senate— Please cosponsor the PHYSICAL Act S. 418

Contact Fern Goodhart in
Sen. Tom Udall's office
Fern_Goodhart@tomudall.senate.gov

House— Please cosponsor the PHYSICAL Act

Contact Clifton Williams in
Rep. Marcia Fudge's office
Clifton.williams@mail.house.gov

Carol M. White Physical Education Program (PEP)

- ★ Through the U.S. Department of Education, PEP provides competitive grants to local educational agencies and community-based organizations to **initiate, expand, or enhance physical education programs**.
- ★ PEP grants fund training and education of teachers and staff, curricula, materials, equipment and support to enable students to participate in physical education programs.

Please support PEP as a stand-alone program authorized within the Elementary and Secondary Education Act.

Well-Rounded Education

- ★ Include health education and physical education within the definition of “well-rounded education” in the reauthorization of the Elementary and Secondary Education Act.
- ★ Well-Rounded Education—The term “well-rounded education” may include activities that:
 - prepare students to be college, career, and citizenship-ready;
 - provide access to social and emotional learning and supports;
 - allow access to a complete education that provides knowledge and skills in all subject disciplines which may include reading, math, science, **health education, physical education**, art, music, history, civics, finance, foreign languages, and geography.

Please include the definition of well-rounded education within the Elementary and Secondary Education Act.