



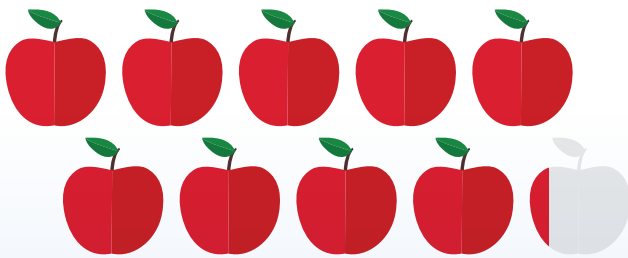
# PE + Health = Student Success

## 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**

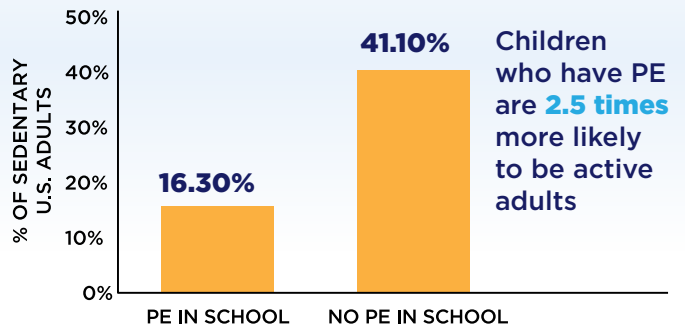
## SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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.

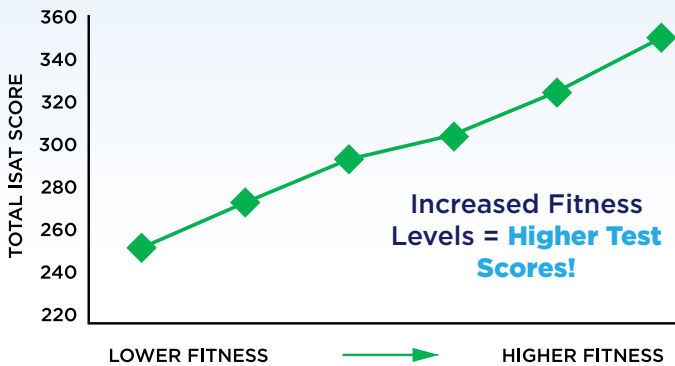
### PE in Schools and Long Term Effects



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

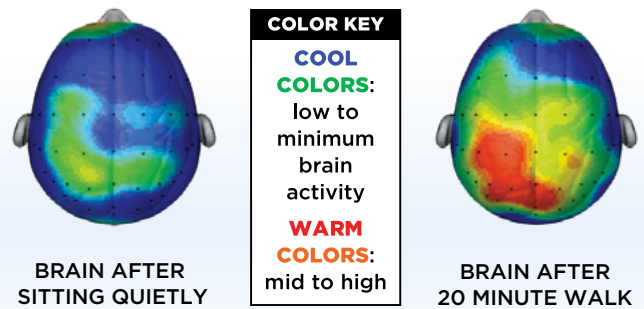
## ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

### 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 2017 AND FY 2018 FUNDING

- ★ The FY 2017 continuing resolution that funds federal government programs through April 28 does not address any of the changes made to education programs through ESSA.
- ★ The Trump Administration's FY 2017 budget recommends \$3 billion in cuts to education funding. While it does not address Title IV, Part A specifically, it does target several programs that were consolidated into the block grant for elimination, including the PEP grant which was funded in FY 2016.
- ★ The Trump Administration's FY 2017 budget recommends reducing Title II, Part A funding by 50%.
- ★ The Trump Administration's FY 2018 "skinny" budget calls for \$9 billion in education cuts, including the elimination of Title II, Part A grants, but is silent on funding for Title IV, Part A. A more comprehensive budget is expected in May.
- ★ The Title IV, Part A is the third largest authorized program in ESSA. Failing to adequately fund it would undermine the bipartisan congressional intent of ESSA.
- ★ The Trump Administration's FY 2018 budget recommends the elimination of Title IV, Part B, 21st Century Community Learning Centers program, which supports after-school and summer programs in low-income areas.
- ★ It is essential to fully fund Title IV, Part A in any appropriations legislation for the remainder of FY 2017 and for FY 2018. A low level of funding, divided among numerous programs will limit flexibility and will not allow states and school districts to make a meaningful investment in student learning and well-being.

## Please support:

- 1** Bipartisan congressional intent by funding Title IV, Part A of the *Every Student Succeeds Act* at its authorized amount of \$1.65 billion for FY 2018
- 2** Professional development for educators by funding Title II, Part A of the *Every Student Succeeds Act* at its authorized amount of \$2.295 billion for FY 2018
- 3** After-school programs by funding Title IV, Part B of the *Every Student Succeeds Act* at its authorized amount of \$1.1 billion for FY 2018

Please send your state's superintendent of education and/or governor a letter requesting that they support health and physical education as they prioritize and distribute federal education funding across the state.

