



#SHAPEadvocacy

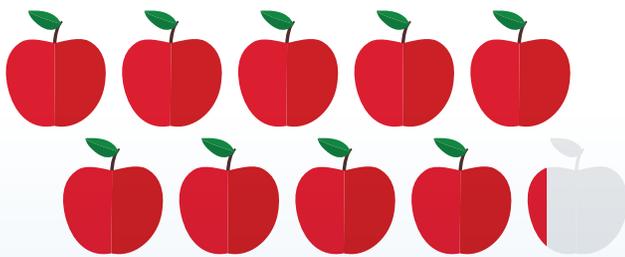
PE + Health = Student Success

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**
- ★ Improves **social and emotional learning** skills
- ★ Reduces **discipline referrals** and **participation in high-risk behaviors**

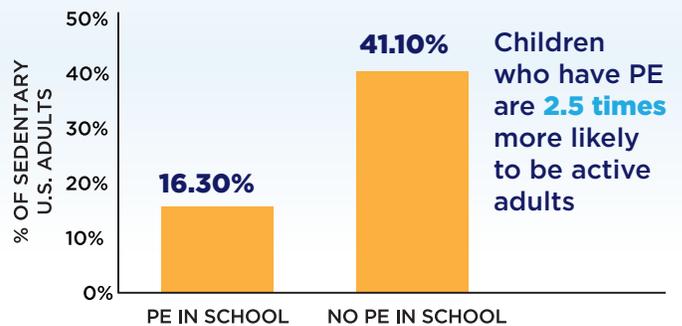
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

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.

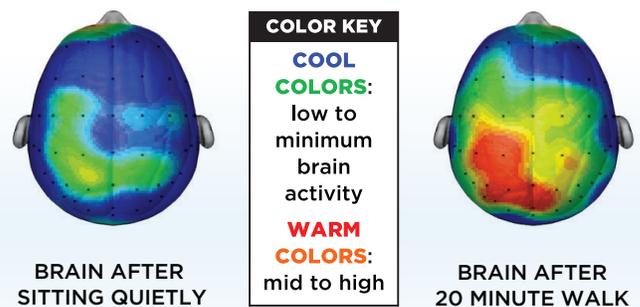
ACTIVE & HEALTHY STUDENTS ARE BETTER LEARNERS

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 \$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 2022 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, \$1.17 billion in FY 2019, \$1.21 billion in FY 2020, \$1.22 billion in FY 2021, and \$1.3 billion in FY 2022, allowing school districts to make significant investments in programs covered under this state block grant for the first time in the 2018-19 school year, but still falling short of full funding.
- ★ 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 learning and well-being, through critical programs that are often the first to be cut when there are budget shortfalls. It is therefore essential to fund Title IV, Part A for FY 2023 at robust levels.
- ★ Title II, Part A was underfunded at \$2.06 billion in FY 2018 and 2019, \$2.1 billion in FY 2020, \$2.14 billion in FY 2021, and \$2.2 billion in FY 2022 resulting in fewer opportunities for schools to offer evidence-based professional development to school personnel.
- ★ It is essential to adequately fund Title II, Part A in for FY 2023. Elimination of funding or a low level of funding will undermine schools' capacity to ensure teachers are delivering appropriate instruction, standards-based curriculum, and implementing innovative programs, especially while schools and teachers continue to navigate the challenges of the COVID-19 pandemic.

Please support:

1 School health, wellness, and physical education programs by funding Title IV, Part A of the *Every Student Succeeds Act* at a robust level for FY 2023.

2 Professional development for teachers by funding Title II, Part A of the *Every Student Succeeds Act* at a robust level for FY 2023.

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.

