



## Kids Need Both



### What's the difference?

- Physical education is an academic, skill-based class.
- Physical activity provides opportunities to apply skills learned in physical education.
- Students need BOTH physical education and physical activity to learn and apply skills. Without BOTH, students miss the opportunity to learn or practice these skills.

### Physical Education...



is taught by a teacher certified in physical education



has lessons based on National Physical Education Standards and Outcomes



has sequential activities that are designed to meet outcomes

### Both Help...

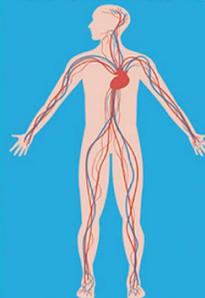
#### the brain

- decrease stress
- increase academic performance



#### the body

- improve fitness level
- prevent injury and disease



### Physical Activity...



is led or supervised by any adult



can be structured or unstructured



may include any type of movement

Physical education and physical activity develop students' knowledge, skills and confidence to be physically literate students who are active for a lifetime.