Active kids learn better. When students get more time for health and physical education (HPE) they do better physically, mentally, and emotionally.

INDIANA PHYSICAL EDUCATION

SHAPE America Recommendations:
All children deserve the benefits of a well-rounded education which includes effective health and physical education provided by trained and certified teachers.

- 30 minutes of daily PE for elementary grade levels
- 45 minutes of daily PE for secondary school grade levels

70% of U.S. high school students did not attend PE class at all during an average school week.

DOES INDIANA...

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have state-adopted PE standards?</td>
<td>✓</td>
</tr>
<tr>
<td>Require 30 minutes per day of elementary school PE?</td>
<td>✗</td>
</tr>
<tr>
<td>Require 45 minutes per day of middle school/junior high school PE?</td>
<td>✗</td>
</tr>
<tr>
<td>Require 45 minutes per day of high school PE?</td>
<td>✗</td>
</tr>
<tr>
<td>Require that only certified physical educators teach elementary PE?</td>
<td>✓</td>
</tr>
<tr>
<td>Require that only certified physical educators teach middle school/junior high school PE?</td>
<td>✓</td>
</tr>
<tr>
<td>Require that only certified physical educators teach high school PE?</td>
<td>✓</td>
</tr>
</tbody>
</table>

TAKE ACTION: Any red “✗” above indicates an opportunity for improvement.

SPEAK OUT FOR HEALTH & PE

The Every Student Succeeds Act (ESSA) identifies school health and physical education (HPE) as part of a student’s well-rounded education, giving all HPE teachers an opportunity to elevate their program and gain support from their school and local community.

Stay informed. Get involved.

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**

- **80%** of students believe that PE is important to their overall school experience.

**Findings from myCollegeOptions®/SHAPE America research study (2015):**
- National sample includes 79,498 high school students.

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

**Physical Fitness and Achievement Test Performance**

- **Increased Fitness Levels = Higher Test Scores!**

**SHAPE America**

health. moves. minds.

shapeamerica.org/states  #SHAPEAdvocacy