

Every Student Succeeds Act TALKING POINTS

Exercise their minds. Include PE. All kids deserve a chance to be healthy and succeed at school. And the fact is, healthy kids learn better. As our state develops its ESSA state accountability plan and report cards, daily physical education should be included as a core component. With daily PE, we can keep kids' hearts healthy and their minds in gear to do their best at school. And the benefits don't end there. Physical education has positive impacts on kids' physical, mental, and emotional health. **Exercise their minds. Include PE.**

- **PE addresses the needs of the whole child:** Quality physical education programs provide the activity kids need for a positive impact on their physical, mental, and emotional health. PE programs improve judgment, reduce stress, and increase self-esteem. Making sure all students are getting physical education is a critical part of keeping kids healthy.
- **PE is a part of a high-quality education:** Our children spend a majority of their day in schools, and ensuring quality physical activity daily will not only improve their health, it will also improve their academic achievement. A CDC analysis showed a strong link between increased physical fitness levels and academic performance, driving improvements in cognitive skills, behaviors and test scores.
- **PE uniquely contributes to school quality and student success:** Quality PE programs help make sure that our children are on their way to a healthier future. Physical activity can have a positive impact on cognitive ability, help kids avoid tobacco, and reduce their risk for insomnia, depression, and anxiety. Numerous studies have demonstrated that physically fit children have higher scholastic achievement, better classroom behavior, greater ability to focus, and less absenteeism than their unfit counterparts.
- **Parents want PE as part of their child's education:** Opinion research conducted by the American Heart Association showed that 95% of parents with children under 18 want physical education to part of their child's education at every level, K-12. More than half of the parents surveyed believe that their children aren't getting enough PE in school today.
- **PE is a critical indicator for our children:** State education plans must be written to ensure a high-quality, well-rounded education, including at least one measure related to school quality or student success. Because physical education improves kids' physical, emotional and academic success, it is a logical and important indicator to be included in the accountability system and state Report Card.
- **AHA is asking that the following be included in state ESSA plans and report cards:**
 - Number of elementary school students receiving/schools offering 150 minutes of physical education per week
 - Number of middle school students receiving/schools offering 225 minutes of physical education per week
 - Percentage of schools requiring physical education for high school graduation