



## OPPOSE SB 13 (Radogno)

### Diminish Physical Education Requirements Through Mandate Reform

#### **Rationale:**

As part of the 'Every Student Succeeds Act' of 2015, both health and physical education have been designated as 'essential subjects' (formerly 'core' subjects). A well-rounded education now includes subjects such as English (reading/language arts), science, mathematics, civics / government, economics, as well as *health and physical education*.

Physical education is a planned, sequential K-12 standards-based program with written curricula and appropriate instruction and assessments designed to develop the motor skills, knowledge, and behaviors of active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. There is an important difference between physical activity and physical education. Physical activity is bodily movement of any type and may include recreational, fitness, or sport activities such as walking, jumping rope, playing basketball or soccer, or lifting weights that physical educators use to teach the knowledge, content and skills necessary to become physically literate. *Shape of the Nation 2016*

Physical activity is neither an equivalent to nor substitute for physical education - both contribute meaningfully to the development of healthy, active children. *Shape of the Nation 2016*

Over the past two decades, physical education has undergone a transformation in rigor and focus. PE is now recognized as essential to a young person's overall education experience and a foundation for lifelong healthy living. (*Every Student Succeeds Act 2015*) Permanently diminishing physical education requirements will deprive students of instructional time that is critical for developing neuroplasticity and the motor, movement, and behavioral skills that are essential for the lifelong maintenance of a physically active lifestyle. Also, this would send the wrong message to children about the importance that schools place on their health and well-being.

Cutting PE requirements presents a false choice that is inconsistent with educational best practices. Research across numerous studies show that schools that seek to increase test scores, improve academic performance and decrease disciplinary problems should increase the amount of PE – especially for struggling students.

Research across numerous studies correlates physical activity and quality physical education programs with increased cognitive function and standardized test scores.

The Center for Disease Control recommends, *Schools should ensure that physical education is provided to all students in all grades and is taught by qualified teachers.*

91% of parents feel that there should be more physical education in schools, particularly for addressing obesity. *SHAPE America/American Heart Association, 2016 Shape of the Nation*

80% of students believe that PE is important to their overall school experience. *myCollegeOptions/SHAPE America research study 2015*

Daily, quality physical education is vital and important now, more than ever, to improve a student's mental health, including benefits related to lower hostility and an increased sense of well-being.

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