



## OPPOSE HB 440 (Ives)

### Eliminate Physical Education Requirements

#### **Rationale:**

Permanently diminishing physical education requirements will deprive students of instructional time that is critical for developing the motor, movement, and behavioral skills that are essential for the lifelong maintenance of a physically active lifestyle.

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

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

Over the past two decades, physical education has undergone a transformation in rigor and focus. It 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*).

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.*

Physical education is identified as an ***Essential Subject*** for a well-rounded education, therefore, Title I, Title II and Title IV **funds are available** for physical education programs (*Every Student Succeeds Act 2015*).

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*).

Designation as part of a well-rounded education means that school districts and schools will have the opportunity to utilize federal funds for physical education programs (*Every Student Succeeds Act 2015*).

The inclusion of health and physical education as part of a well-rounded education in federal legislation will help to ensure that every student succeeds (*Every Student Succeeds Act 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.

The effectiveness of school physical education is enhanced when it is implemented as an integral part of and when physical education outcomes are reinforced by other components of a comprehensive school health program.

Physical education classes are structured to teach kids to be physically literate—what it means to live a healthy lifestyle, and how to achieve that lifestyle (*LaCrosse Tribune 2017*).

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