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

**DELAWARE 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

89% of Delaware high school students did not attend PE class at all during an average school week.

**DOES DELAWARE...**

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

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

**HEALTH EDUCATION TRENDS IN THE UNITED STATES**

**Percentage of Schools that Follow Standards-Based Health Education**

- Elementary: 74.9%
- Middle/Junior High: 75.1%
- High: 90.6%

**Percentage of Programs Taught by a Certified Health Educator**

- Elementary: 23.5%
- Middle/Junior High: 50.3%
- High: 78.3%

**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.


shapeamerica.org/states #SHAPEadvocacy
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.

PHYSICAL ACTIVITY COUNCIL. 41,000 Interviews on Sedentary Lifestyles. 2010.

Healthy Students are Better Learners

Physical Fitness and Achievement Test Performance

Average Composite of 20 Student Brains Taking the Same Test
