



Physical Education


Physical education (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 programs...



...are linked to increased physical fitness levels and academic performance.



...can have a positive impact on cognitive ability, help students avoid tobacco, and reduce their risk for insomnia, depression, and anxiety.



...can help students have higher scholastic achievement, better classroom behavior, greater ability to focus, and less absenteeism.

SUPPORT PE IN NC SCHOOLS!



#PE4NC