



PHYSICAL EDUCATION

PRIORITY: Promote the inclusion of PE in the state's accountability system as a measure of school success and/or in the School Report Card. Promote policies that address standards-based curriculum, appropriate professional development for teachers, teacher certification/licensing, waivers/substitution, student assessment, and accountability. Support opportunities to engage in promoting physical activity.

PHYSICAL EDUCATION

PE addresses the needs of the whole student and has a positive impact on their physical, emotional, and mental health. By teaching students about the importance of physical activity when they are young, we can ensure they pick up healthy habits that will last a lifetime.

Many students in North Carolina do not get the PE they need. With an ever-growing number of priorities competing for time during the school day, too many of our children have lost what was once a given: access to effective PE.

BENEFITS OF PE PROGRAMS

School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle.

PE helps build and maintain healthy bodies and reduces the risk of obesity

PE improves self confidence and reduces depression and anxiety

PE improves academic performance and classroom behavior

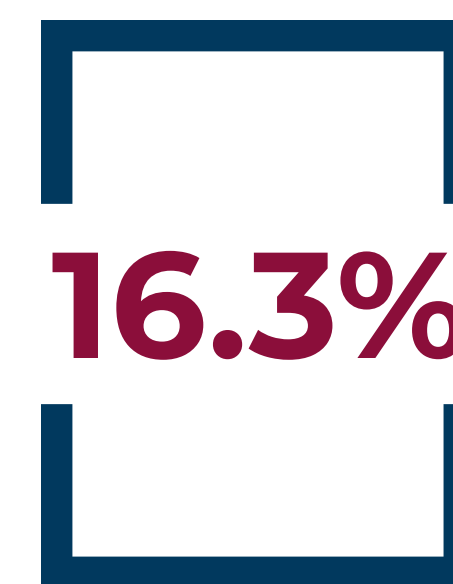
PE PROGRAMS



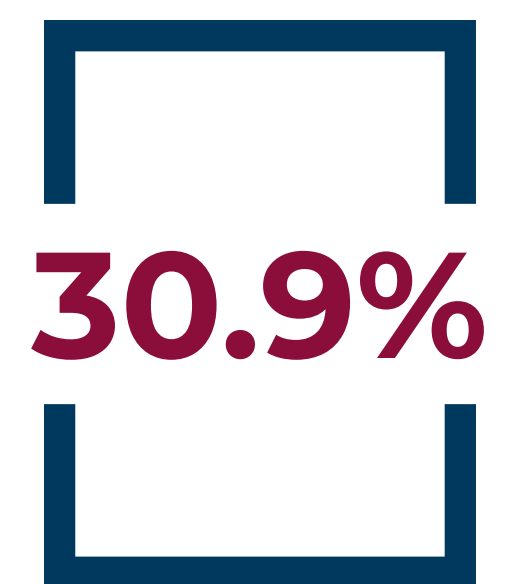
Elementary school students should have 150 minutes of PE weekly



Middle school students should have 225 minutes of PE weekly



More than 16% of high school students are obese



Almost 31% of youth ages 10-17 are overweight or obese



For more information visit www.ncallianceforhealth.org/physical-education



NORTH CAROLINA ALLIANCE FOR HEALTH