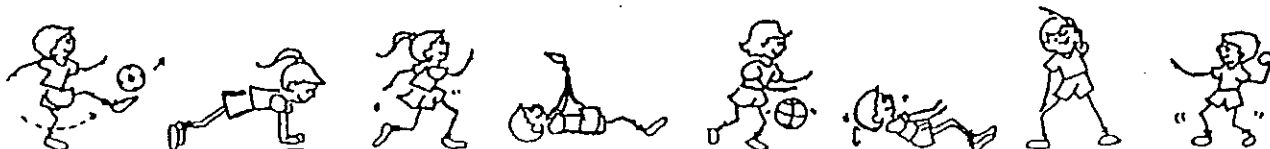


“Physical Education is a curricular area that promotes development of the knowledge of skills, fitness levels, competence, and confidence needed to lead physically active and healthy lives.”<sup>1</sup>

- The vast majority of parents of children under 18 (95%) think physical education should be part of a school curriculum for all students in grades K-12.<sup>2</sup>
- The Michigan Department of Education states that physical education instructional periods totaling 150 minutes per week at the elementary level should be provided.<sup>3</sup>
- The Surgeon General, the American Heart Association, the American Cancer Society, the American Diabetes Association, the Centers for Disease Control and Prevention, and the Institute of Medicine all recommend that to promote physical activity, school systems should require daily physical education for students in pre-kindergarten through grade 5, allowing 150 minutes per week for elementary schools.<sup>4</sup>
- There is a national obesity epidemic and Michigan ranks as the 10<sup>th</sup> most obese state.<sup>5</sup>
- Younger brains and bodies benefit more from coordinative motor movement that develops learning systems and fills in developmental gaps.<sup>6</sup>
- “Memory retention and learning functions are all about brain cells actually changing, growing, and working together. Exercise creates the best environment for that process to occur.”<sup>7</sup>
- Research has concluded that exercise can enlarge the basal ganglia, this area of the brain is key in maintaining attention and ability to coordinate thoughts and actions crisply.<sup>8</sup>
- “Kids who are more physically active tend to perform better academically; kids who are physically fit are likely to have stronger academic performance.”<sup>9</sup>
- “Daily quality physical education in the nation’s schools is an important part of a student’s comprehensive, well-rounded education program and a means of positively affecting life-long health and well-being. The optimal physical education program will foster a lifetime commitment to physical activity as part of a healthy lifestyle.”<sup>10,11,12</sup>

## MISSION

It is the goal of the TCAPS Elementary Physical Education Department to “enhance the physical, mental, and social/emotional development of every child and incorporate fitness education and assessment to help children understand, improve and/or maintain their physical well-being.”<sup>13</sup>



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<sup>1</sup> Dejong and Sheppard. Quality Physical Education: Enhancing Student Health and Learning. *Leadership Compass*, 6(1), 1-3, Fall 2008.

<sup>2</sup> *Public Attitudes toward Physical Education: Are Schools Providing What the Public Wants?* A Survey Conducted by Opinion Research Corporation International of Princeton, NJ for the National Association of Sport and Physical Education. 2003, Retrieved from [http://www.aahperd.org/naspe/pdf\\_files/survey\\_public.pdf](http://www.aahperd.org/naspe/pdf_files/survey_public.pdf)

<sup>3</sup> Physical Education: Grade Level Content Expectations, K-8. Retrieved from [http://www.michigan.gov/documents/mde/K-8PE\\_313769\\_7.pdf](http://www.michigan.gov/documents/mde/K-8PE_313769_7.pdf)

<sup>4</sup> U.S. Department of Health and Human Services. *The Surgeon General's Vision for a Healthy and Fit Nation*. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, January 2010.

<sup>5</sup> Fattest States 2011: CalorieLab's Annual Obesity Map. Retrieved from <http://calorielab.com/news/2011/06/30/fattest-states-2011/>

<sup>6</sup> Hess and Madigan. *Action Based Learning Manual*, p.10.

<sup>7</sup> Ratey, John J. *Spark: The Revolutionary New Science of Exercise and the Brain*.

<sup>8</sup> Reynolds, G. (2010, September 15). Phys Ed: Can Exercise Make Kids Smarter? *The New York Times*. Retrieved from <http://well.blogs.nytimes.com/2010/09/15/phys-ed-can-exercise-make-kids-smarter/?src=me&ref=general>

<sup>9</sup> Active Living Research, A National Program of the Robert Wood Johnson Foundation (Fall 2007). *Active Education: Physical Education, Physical Activity and Academic Performance*. Research Brief. Retrieved from <http://www.activelivingresearch.org/resource/research/summaries>

<sup>10</sup> Coe DP, et. al. Effect of Physical Education and Activity Levels on Academic Achievement in Children. *Medicine & Science in Sports & Exercise*, 38(8): 1515-1519, August 2006.

<sup>11</sup> Castelli DM, et. al. Physical Fitness and Academic Achievement in Third- and Fifth-Grade Students. *Journal Sport & Exercise Physiology*, 29(2): 239-252, April 2007.

<sup>12</sup> Carlson SA, et. al. Physical Education and Academic Achievement in Elementary School: Data from the Early Childhood Longitudinal Study. *American Journal of Public Health*, 98(4), 721-727, February 2008.

<sup>13</sup> The American Cancer Society, the American Diabetes Association, and the American Heart Association. *Physical Education in Schools-Both Quality and Quantity are Important*.



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