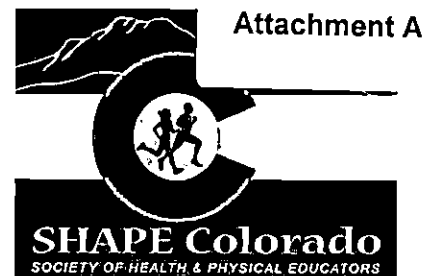


# Impact of Physical Education on Colorado Students and Schools

Testimonials from around the state:



Attachment A

"Physical Education is the foundation of health and wellness in our school and our staff and community support it. When kids move everyday their brains are affected - brain cell growth and enhanced cognitive ability. We see behavior problems go down, and test scores go up."

Lindsey Kurt-Mason, Teacher, Pagosa Spr Elem

"My PE program develops a healthy and active lifestyle for youth. Students learn and practice important physical and social skills; communication, trust, empathy, and respect as well as positive team skills; cooperation, leadership, and responsibility."

Clint Borel, Teacher, Littleton Public Schools

"Many of the students in my school suffer from trauma, they also spend most of their free time on video games. Our PE program provides physical exercise, which often is the only physical activity students get. It also helps lower the impact of the anxiety, depression, anger and sleep issues seen with trauma."

Justina Carney, Principal, Adams 12 Five Start

"In school, Physical Education was definitely the highlight of my day. PE introduced me to sports that I never would've tried. For instance, I had never played volleyball before, and we did a volleyball unit and I went on to play in MS, HS and now in college. PE made me realize that I could have fun while exercising. I've carried that into adulthood and I'm now an active adult."

Annie Heckman, former DPS student, Loyola Marymount University

"Physical Education is the academic subject that provides the opportunity for engagement in; health enhancing movement, physical and cognitive understanding of fitness and wellness essentials, social-emotional skills and grit, and a connection to lifetime activity as a way to continue wellness as an adult. Research has shown the many benefits of PE; improvement in academic success, higher attendance rates, positive change in behavior and student health."

Jesse Weber, PE Specialist, Denver Public Schools

"The philosophy that health and wellness and Physical Education are important is going to be an underpinning of everything we do. Our board is clear on that. Our community supports it, and honestly, we see it's benefits across our classrooms."

Linda Reed, Superintendent, Archuleta School Dist

"I feel happy when I have PE, I don't want to leave the class. I trust my friends more because we get to work together and interact a lot. It keeps us healthy - we run, we exercise, and we learn about healthy habits like eating right and getting enough sleep. Physical Education is my favorite class, actually its the favorite class of the whole 6th grade."

Heidi, 6th grade student, charter school, Colo Springs

"PE has a positive influence on students by providing them with the knowledge about how to take care of their bodies both physically and mentally. I've seen many times where PE has helped relieve student stress. As an example; a student came to class in a bad mood and was very angry but I encouraged him to participate in class, which he did and by the end of the class he was in a better mood able to go back to his other classes and focus."

Christy Wilbur, Teacher, Ouray School Dist R-1

"One of the impacts of PE for my son is an increased attention span. As parents, we get daily reports on behavior and work completion. I've noticed that on the two days a week that he has PE, his focus and positive behaviors increase."

Holly Wells, 3rd grade Parent, Aurora Public Schools

"Physical education has an impact on my students in that it teaches them how to work together, problem solve, and how to engage in physical activity outside of class that is beneficial to their wellness."

Kim O'Connor, Teacher, Pueblo D60

"I see my son being able to increase and understand his own health. He gets to engage in new and different activities which allow him to find a passion for the future as an active adult."

Mike Hartman, Aurora resident, DPS Parent

"Today's PE is not about building athletics for high school athletic programs. Today's PE is about equipping young individuals and families with tools and knowledge that encourage healthy active lives."

Nick Spencer, Teacher, Douglas County Schools

"In addition to year round PE, students choose PE 'electives' such as high ropes, fly fishing, and snowboarding. These electives connect students to Colorado outdoors and love of the environment. Students share that this learning helps them to be active and healthy outside the school day, and they carry that passion all though high school and adulthood."

Andrea Kubick, Teacher, Summit County School Dist

"Quality physical education impacts students health, wellness and emotional well being for a lifetime by teaching the skills, knowledge, and enjoyment for all students to be physically active and healthy."

Dr. Sue Barnd, Metropolitan State Univ of Den, Resident Colo Springs

"High quality PE provides the brain balance that children need to be successful scholars. There is a proven connection between movement and learning. PE introduces our youth to healthy choices that lead to healthy adults that can regulate their emotions and lead full lives. PE allows kids to be kids and learn about how to work in a team and how practices is an important part of attaining success."

Tonia Lopez, Administrator, Adams 14

"My kids can sit longer after they've had PE. They can focus on their literacy assignments (which is after our specials block) much better if they just had PE versus another special. They get up less during their independent work time."

Valerie Johnson, 3rd grade Teacher, Mapleton School Dist.

"Our district values the wellbeing of the whole child. Because of this, we have excellent physical education and health programs in East Grand. Students receive regular standard based quality physical education taught by qualified teachers. As a result, the students in East Grand are not only scoring exceedingly high on academic achievement measures, they are looking towards healthy lives as adults."

Lynn Burrows, Teacher, East Grand School District

"One of the biggest ways I see PE impacting our students and school is by improving the social emotional well being of our students. Kids learn self-awareness, self-management, social awareness, decision making, and relationship management- all of which are essential skills that may not be implicitly taught."

Laura Loretz, Teacher, Poudre School District

"Through PE kids gain opportunities for lifelong health and wellness. Without it, kids don't understand the value of how to take care of their body and the importance of staying in shape."

Patricia Zinke, Resident, Fremont County

"Physical education fosters the development of social and emotional confidence, character, and leadership. My children learn skills in becoming knowledgeable about sport, recreational, fun-filled leisure activities, health and fitness."

Robert Kelly, Middle School Parent, Jeffco School District

"When students enjoy the learning, communities are impacted. Quality physical education is infectious - students share activities, concepts and the passion for movement with their families. Communities change because families embrace the value of fitness, wellness and physical activity."

Pam Rogers, Coach, El Paso County School Dist 49

# Concerning Comprehensive Quality Physical Education Pilot for Schools



HEALTHIER™  
COLORADO

## Support HB19-1161

Sponsors: Rep. Buckner, Rep. Wilson, Sen. Todd, & Sen. Priola

### About HB19-1161

Currently Colorado schools and school districts face numerous barriers in being able to provide comprehensive quality Physical Education (PE) for their students. HB19-1161 would allow schools and school districts to apply for a 3-year grant to help them overcome these hurdles and implement a comprehensive PE program. Baseline and formative data will be collected throughout the pilot, with post-data collection analysis. These proof points will support how quality Physical Education impacts student health, academic success, and social-emotional well-being and will help inform policy in the future.

### The Problem

- Colorado is **1 of only 4** states with no physical education requirements leaving PE up to individual school districts.
- Colorado also faces increases in childhood obesity rates as nearly **1 in 4** children (ages 5-14) were overweight or obese in 2016.
- PE Programs across the state vary widely due to different policies, space limitations, teacher shortages, and most importantly, budget restrictions.
  - **Budget restrictions** often inhibit schools from providing quality PE or cut out PE altogether in favor of academics

### Benefits of 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

Source: SHAPE America

### Aims of the Bill

- HB19-1161 will secure \$3 million annually through the Department of Education to fund schools or school districts for grades K-8 to implement a 3-year pilot program.
- The grant will be awarded to 15-30 schools and school districts across the state including geographically diverse and ensuring that suburban, urban, and rural schools are represented for purposes of the pilot program evaluation.
- The grant is meant to supplement any resources or staffing the school or district may need in order to implement all elements of providing quality PE which includes but are not limited to: required minutes of activity, appropriate class sizes, space for indoor and outdoor activities, and more. Schools will submit proposals on how they will use these funds to tackle the various challenges inhibiting them from providing quality PE.
- The department will contract with a program evaluator, who will develop the necessary data collection practices so we can assess pilot program impacts around student attendance, academic achievement, disciplinary referrals, physical fitness, well-being, mental health and the value of the pilot program to students and instructors.



American  
Heart  
Association.



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# Why Physical Education Matters

Physical Education is the only academic subject that addresses all learning domains, supporting the whole child:

**Social Emotional** – teamwork, confidence, collaboration, respect, empathy, leadership  
**Cognitive** – critical thinking, movement principles, wellness concepts, tactics  
**Psychomotor** – movement literacy, fitness skills

Scientific research has shown that access to consistent moderate to vigorous physical activity (MVPA) within quality Physical Education\*:

- Enhances academic achievement
- Helps students to achieve higher fitness levels
- Reduces health risks
- Contributes to mental wellness

\* <http://bit.ly/SHAPEofTheNation2016>

A quality Physical Education program is:

- Research-based curriculum & instruction
- Aligned to the Colorado Academic Standards for Physical Education
- Grounded in quality curriculum, instructional resources and assessment practices
- Incorporates nationally recognized instructional best practices

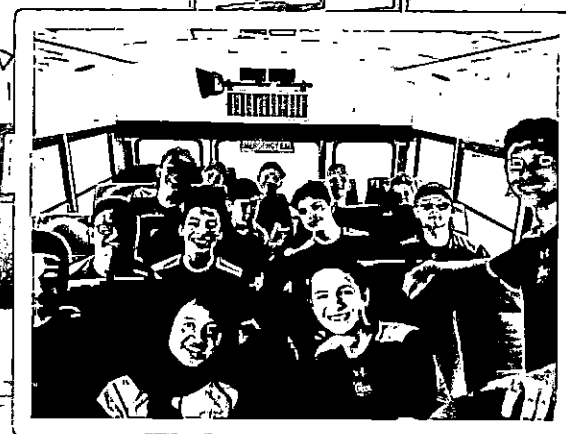
# Physical Education, Physical Activity and Athletics

are similar in that they all include physical movement, but there are important differences between them, as outlined below:



**Physical Activity** is an inclusive term referring to any movement of the body that requires energy expenditure. Walking, gardening, house work, climbing the stairs, playing at recess, dancing and classroom brain breaks are all good examples of being physically active. For health benefits, physical activity should be moderate to vigorous intensity.

**Physical Education** is an academic subject that takes place in school curriculum and is delivered to all students. It includes both “learning to move” (i.e. becoming more physically competent) and “moving to learn” (e.g. problem solving, critical thinking, strategy, cooperation, leadership, teamwork). A quality Physical Education program enhances cross-curricular learning and gives students experiences in a wide range of activities and concepts that increase lifelong health, wellness and nutrition.



**Athletics** are structured opportunities for students that takes place within school settings but out-of-school-hours. These sports programs are competitive in nature and student participation is optional. Students pay a substantial fee to participate.

