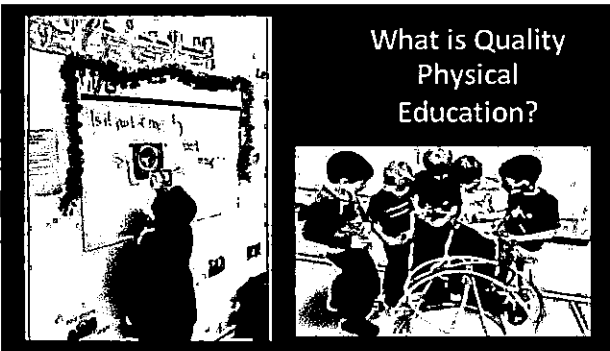


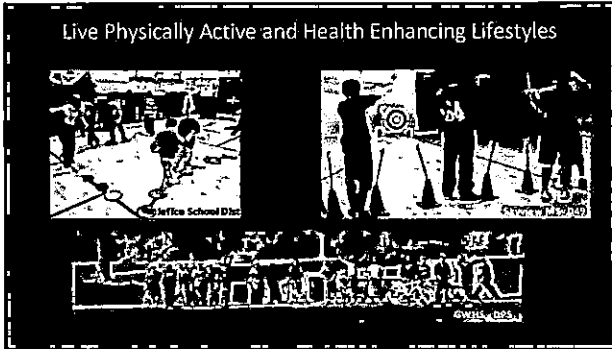


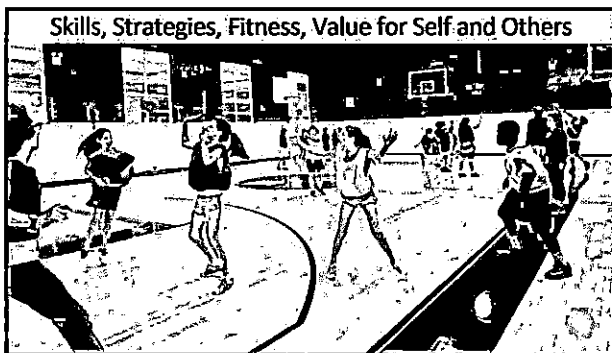
The Nationwide Median for a Physical Education Budgets \$764 per school

Colorado ranks 42nd in per pupil spending, the available share of funds for PE in each district is consequently quite small.














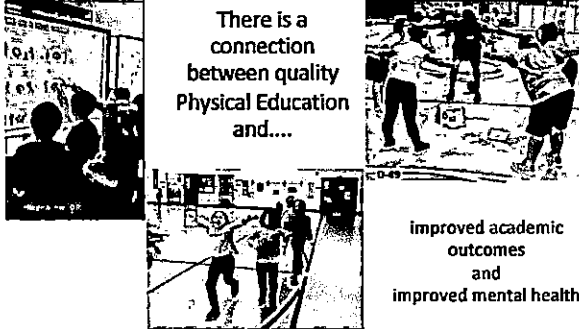




 <small>Western Piedmont OPS</small>	Essential Skills	 <small>Clark County OPS</small>
 <small>Waynesville Public Schools</small>	<ul style="list-style-type: none">Critical ThinkingProblem SolvingCommunicationCollaborationAccountabilitySocial & Cultural Awareness	 <small>DCPS-OPS</small>

<p>Impact of Quality Physical Education on Students and Schools</p>	
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There is a connection between quality Physical Education and....



improved academic outcomes and improved mental health

Success Story Archuleta School District


- Increased student access to PE
- District values PE as an important part of developing well rounded students
- Students apply their learning
- Benefits are apparent



Pa pook Springs Elem

Success Story Academy 360
A Denver Charter School


- Population 79% FRL
- 40% turn over of students yearly
- PE 210 mins per week
- School reports increased academic success
- Decrease in behavior referrals and suspensions



Success Story

Lyn Knoll Elem - Aurora

- 87% FRL
- Schedule change to give students daily access to PE
- Results:
 - High Growth on Test scores
 - Decrease of behavior referrals

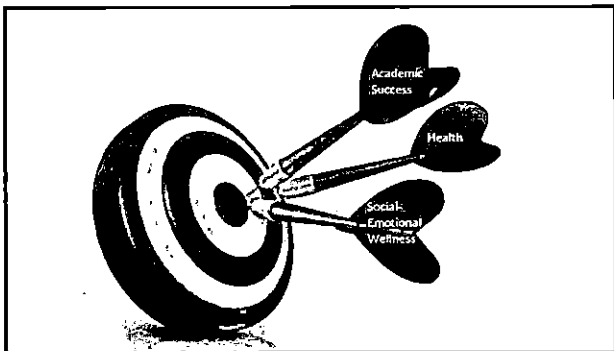




Invest in the Future of Colorado Students











Appendix

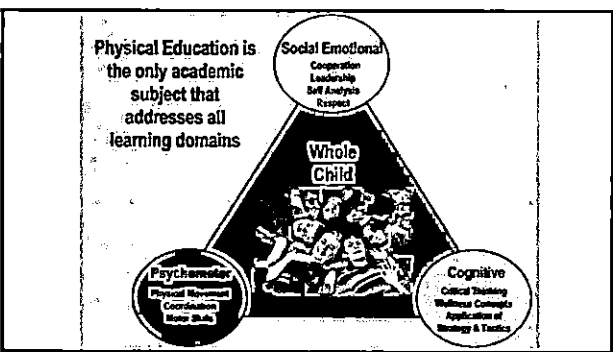
Quick Links

PE For All Colorado
<https://drive.google.com/file/d/1uVrTSyChpzhlybnNv4E1vF60kHS46Z7/view?usp=sharing>

SHAPE America Shape of the Nation report
<https://drive.google.com/file/d/0Bv477Kc1chV45UkaTFEa00/view?usp=sharing>

SHAPE America Shape of the Nation, COLORADO
https://www.shapeamerica.org/advocacy/son/2016/upload/SON_-_Colorado_-_2016.pdf

LiveWell Colorado Get the Facts sheet
<https://livewellcolorado.org/get-the-facts/>



Why Physical Education Matters

Physical Education Matters

- Addresses all learning styles
- Improves academic performance
- Builds character
- Develops leadership, responsibility, respect, and teamwork
- Encourages social-emotional learning
- Promotes physical, mental, and emotional health
- Builds self-esteem

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Physical Education, Physical Activity and Athletics are similar in that they all involve physical movement but there are important differences.

- Physical Education** is an educational program that includes physical activity and is designed to improve physical fitness, health, and well-being. It is a required part of the school curriculum.
- Physical Activity** is any movement that causes the heart to beat faster and the lungs to breathe more deeply. It can be any activity that involves movement, such as walking, running, or playing a sport.
- Athletics** is a competitive sport that involves physical activity. It is a voluntary activity that is often organized and supervised by a coach or teacher.

RESEARCH SUMMARY

The physical and mental benefits of physical activity are well documented. It has been shown that physical activity can improve academic performance, reduce stress, and improve mental health. Physical education is a key component of a well-rounded education and is essential for the development of a healthy and active lifestyle.

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Athletics is a competitive sport that involves physical activity. It is a voluntary activity that is often organized and supervised by a coach or teacher.

References:

Chen, H. (2010). Physical education and fitness in schools: a matter of health and wellness. *Journal of School Health, 80*(3), 307-311.

Coakley, W. (2010). Physical Education and Physical Activity: A Guide for Physical Educators. *Human Kinetics Publishers, USA.*

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