



# Physical Education is Important

## WHAT ARE WE DOING AT STILLWATER AREA PUBLIC SCHOOLS?

Our Health and Fitness program is designed to ensure that students develop the knowledge, skills and confidence they need to achieve and sustain a lifetime of physical activity and healthy choices.

- ✓ We've implemented a new, evidence-based PE curriculum that is aligned with the National Standards.
- ✓ We're increasing the amount of time students spend being physically active - in and out of their classrooms!
- ✓ We've invested in more cardio equipment at the secondary levels to keep kids moving!

## Technology in the PE Classroom

SMART technology integrated into the PE classroom allows students to create SMART goals related to their fitness and lifelong activity.



MOBILE APPS ENCOURAGE SUSTAINABLE ACCOUNTABILITY



HEART RATE MONITORS GIVE STUDENTS INSTANT FEEDBACK



IPADS GIVE TEACHERS INFORMATION TO IMPROVE THEIR INSTRUCTION



PEDOMETERS TRACK STEPS, ACTIVITY TIME, AND MOVEMENT INTENSITY

## Here's why:



Today's kids are the first generation with a shorter life expectancy than their parents.



Children who don't have PE are TWICE as likely to be sedentary outside of school.



Only about half of U.S. adolescents are physically active 5 or more days of the week, according to researchers at the National Institutes of Health.

# The CDC

recommends that children and adolescents get

# 60 minutes

OR MORE

of physical activity a day.

## Benefits of a Quality PE Program:

- Improves academic performance
- Improves physical fitness
- Facilitates development of student responsibility for health and fitness
- Boosts self-confidence and self-esteem
- Increases motor skills proficiency

## Did You Know?

Exercise is good for the body - but it's also good for the brain!

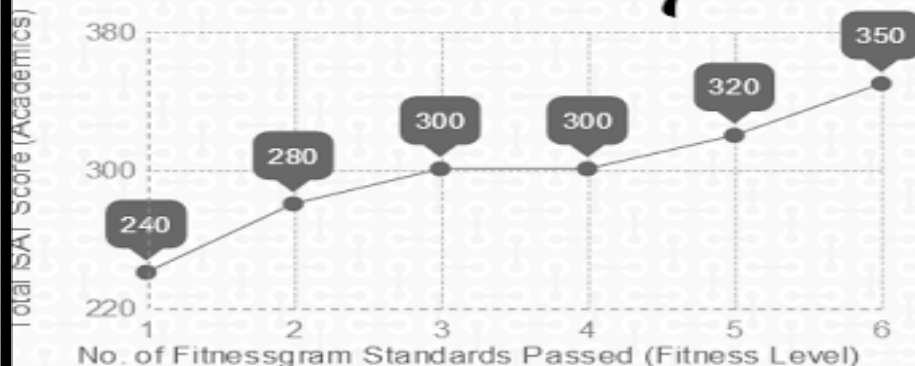
"Exercise zaps harmful stress chemicals. It boosts problem-solving, planning and attention," according to John Medina at [www.brainrules.com](http://www.brainrules.com).

**"If a kid gets physical activity on most or all days, they are going to learn better in classes."**

Thomas Frieden, MD, MPH  
Director Center for Disease Control

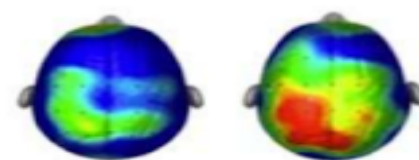


## Active Body = Active Mind



Strong Correlation Between Higher Fitness Scores and Higher Academic Scores  
Research of 3 Million Children in Schools in California and Texas

## Pre and Post Activity



Getting kids to move helps strengthen and stimulate their brains.

Note: Blue color represents inactivity

More information at [www.phitamerica.org](http://www.phitamerica.org)



HealthyMOVES launched in 2013 with the support of a federal Carol M. White PEP grant. By the end of the 2015-2016 school year, our physical education and health programs will benefit from \$2 million in federal funding. Learn more about HealthyMOVES at [www.stillwaterschools.org/healthymoves](http://www.stillwaterschools.org/healthymoves).