



# SPEAK Out! Day

Supporting Physical Education & Activity K-12

## Quality Physical Education = Students Academically Engaged = Better Academic Performance & More Active Lifestyles

### PHYSICAL Act

- The Promoting Health as Youth Skills in the Classroom Act (S. 392) would amend the Elementary and Secondary Education Act (ESEA) to recognize **physical education and health education as core academic subjects.**
- Supports continuation of the PEP program.
- Creates a new grant to initiate, expand and improve school health education programs to enable students to develop health literacy skills.
- Renames and refocuses the Department of Education’s Office of Safe and Drug-free Schools as the Office of Safe and Healthy Students to coordinate all activities within the Department.

**Please co-sponsor the PHYSICAL Act S. 392**

Contact Fern Goodheart in Senator Tom Udall’s office

### Carol M. White Physical Education Program (PEP)

- Through the U.S. Department of Education, the PEP program provides grants to local educational agencies and community-based organizations to **initiate, expand, or enhance physical education programs.**
- The PEP grants may fund training and education of teachers and staff, curricula and equipment to enable students to participate in physical education activities.
- The average expenditure on PE programs is \$750 per school—PEP often provides the only funding for PE.
- At current funding levels, only 10% of applicants can be funded.

**Please support the PEP Program**

### FIT Kids Act

- The Fitness Integrated with Teaching Kids Act (FIT Kids Act) (H.R.1057 & Senate companion) would amend the Elementary and Secondary Education Act (ESEA) to **support and promote quality physical education.**
- Provides parents and the public with information on the quantity and quality of physical education their children receive in school.
- Ensures that children get the information and support they need throughout their education to help them live a healthy life.
- Supports professional development for health and physical education teachers and principals to boost students’ ability to learn and help promote healthy lifestyles and physical activity.

**Please co-sponsor the FIT Kids Act H.R. 1057**

Contact Shannon Glynn in Congressman Ron Kind’s office



National Association for Sport and Physical Education  
an association of the American Alliance for Health, Physical Education, Recreation and Dance

**NASPE Sets the Standard**