Healthy and Active!

Empower all children through effective health and physical education programs.

50 MILLION STRONG by 2029

SHAPE America
SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®

health. moves. minds.
Approximately 50 million students are currently enrolled in America’s elementary and secondary schools (grades pre–K to 12). SHAPE America wants to ensure that by the time today’s youngest students graduate from high school in 2029, all of America’s children are empowered to lead healthy and active lives through effective health and physical education programs.

We call this commitment 50 MILLION STRONG by 2029.

About SHAPE America
SHAPE America – Society of Health and Physical Educators is the nation’s largest membership organization of health and physical education professionals. The organization sets the standard for health and physical education in the U.S., and its National Standards for K–12 Physical Education serve as the foundation for well-designed physical education programs across the country. SHAPE America was also a proud member of the coalition that developed the National Health Education Standards, and is a founding partner of the Presidential Youth Fitness Program, Let’s Move! Active Schools and the Jump Rope For Heart/Hoops For Heart programs.

Moving ideas into action
50 Million Strong is a call to action for all of America’s health and physical educators to unite and focus on a common purpose — getting all of the nation’s children physically active, enthusiastic and committed to making healthy lifestyle choices.
Physical inactivity is the fourth-leading cause of death worldwide and is a pandemic, according to a series of studies released in *The Lancet* medical journal.

Data from the Centers for Disease Control and Prevention (CDC) indicates that just one-quarter of American teens engage in the recommended 60 minutes or more of daily physical activity as outlined by CDC’s *Physical Activity Guidelines for Americans*.

Compounding the problem are studies that show children and youth are more sedentary than ever due to the widespread availability of television, cell phones, computers and video games.

**OUR COMMITMENT TO THE FUTURE**

SHAPE America is committed to empowering all children to lead healthy and active lives through effective health and physical education programs.

Learn more . . .
Literacy in PE + HE

Literacy is the goal for physical education (PE) and health education (HE) programs.

SHAPE America uses the following definitions when referring to physical literacy and health literacy.

Physical Literacy: An individual’s ability, confidence and desire to be physically active for life.

Health Literacy: An individual’s capacity to access information, resources and services necessary to maintaining and promoting health.

Making the case for physical education and physical activity

Research supports the many benefits of physical activity in schools:

- Improves academic achievement and test scores
- Increases attention, concentration and on-task behavior
- Promotes lifetime healthy habits
- Reduces discipline referrals and participation in high-risk behaviors
60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY

A comprehensive school physical activity program (CSPAP) is a framework that not only provides young people with the knowledge and skills to be active for a lifetime, but also gives them the opportunities to engage in 60 minutes of physical activity associated with the school day.

Physical education is the foundation of a CSPAP. Learn more about the four essential components of a well-designed physical education program at shapeamerica.org/explorePE.

Get started with 50 Million Strong . . .
Through SHAPE America membership, you are connected to a community of thousands of health and physical educators. SHAPE America provides a number of resources and tools that will help you build relationships, enhance your professional practice and advance the cause. Join or renew your membership at shapeamerica.org.

Say “Count Me In!”

How many students do you reach? Do you teach in a school that has hundreds of students? Do you oversee a school district of thousands? Whatever your “number” may be, we hope you will make a commitment to reach 50 Million Strong.

Share a tip about health and physical education

Rally others to support 50 Million Strong. How are you supporting the cause? Share your passion, tips and creative ideas on social media and on Exchange — SHAPE America’s online member community.
Identify and disseminate best practices

As an educator, you know that well-designed health and physical education programs are important to student success. Yet many in your community may not be aware of what you do and how effectively you can help children embrace a lifetime of physical activity, adopt healthy habits, cope with stress, and improve the quality of their lives. That’s why SHAPE America is building a series of case studies that highlight best practices in health education, physical education and physical activity programs.

Share these case studies with school administrators, parents and legislators to showcase best practices.
Get involved with initiatives that promote physically active lifestyles. These initiatives can help you focus on **standards-based student outcomes** that improve academic performance.

**Teach the younger generation about heart-healthy living**

Jump Rope For Heart and Hoops For Heart are educational fund-development programs co-sponsored by SHAPE America and the American Heart Association. These programs engage students in physical activity while empowering them to improve their own health, help others with heart-health issues, and raise awareness of heart disease and stroke. Funds raised through events support research programs to fight cardiovascular disease and stroke, and health and physical education programs for schools. Sign up to hold a Jump Rope For Heart or Hoops For Heart event in your school.
Sign up for Let’s Move! Active Schools

Propel your school and students into motion, and ensure that 60 minutes of physical activity is the new norm at your school! Sign up to receive a customized Action Plan, and to unlock access to exclusive resources, tools, professional development and funding opportunities.

Commit to implementing the Presidential Youth Fitness Program

The Presidential Youth Fitness Program (PYFP) is a free, voluntary program that provides a model for fitness education within a comprehensive, quality physical education program. It emphasizes appropriate instructional practices and communication before, during and after the fitness assessment takes place. Learn more about PYFP.

PYFP focuses on three areas:
1. Professional development for physical educators
2. A health-related fitness assessment and goal setting
3. Motivational recognition to empower students to adopt and maintain an active lifestyle

Activate new initiatives at shapeamerica.org
For years, SHAPE America has led efforts to include school health and physical education in federal education legislation. Those efforts paid off in December 2015 when Congress passed the Every Student Succeeds Act (ESSA). Within ESSA, school health and physical education are now included as part of a student’s “well-rounded education,” guaranteeing that states and school districts will have access to significant funding for health education and physical education programs.

Keep ESSA Moving Forward

Download SHAPE America’s new e-guide, Getting Started With ESSA, a great resource that can help you quickly understand the impact and potential of ESSA on your health and physical education program.

Visit SHAPE America’s Legislative Action Center

View sample letters and legislative requests that support ESSA. Send at least one email to a member of Congress in the next week.
Advocate at shapeamerica.org

SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

80% of students believe that PE is important to their overall school experience.

Findings from myCollegeOptions®/SHAPE America research study (2015): National sample includes 79,498 high school students.

Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

PE in Schools and Long Term Effects

Children who have PE are 2.5 times more likely to be active adults.

Healthy Students Are Better Learners

Physical Fitness and Achievement Test Performance

Average Composite of 20 Student Brains Taking the Same Test

Increased Fitness Levels = Higher Test Scores!


NEW IDEAS TAKE SHAPE

Join Us in Boston

Learn more about 50 Million Strong at shapeamerica.org

SHAPE America® 2017
national convention & expo

March 14–18

Join us for the SHAPE America National Convention & Expo.

#SHAPEBoston