

<h2>Physical Education Facts for Elementary Schools

The following statements are taken from the USOE website on the PE Core Curriculum http://www.schools.utah.gov/CURR/healthpe/Core/2007_Elem_PE_Core_Curr.aspx

“The goal of physical education is to develop healthy, responsible students who have the knowledge, skills and dispositions to work together in groups, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle.”

“The emphasis is on providing success and enjoyment for **all** students; not just for those who are physically gifted.”

USOE recommends 90 minutes of structured Physical Education per week

“Dodge ball in any form is inappropriate and should not be played in PE.”

Strong consideration should be used before a student is held back from PE or recess to make up in other subjects. State guidelines say, “Administering or withholding physical activity as a form of punishment or behavior management is inappropriate.”

The following are some of the many benefits of physical activity as taken from the book, *SPARK*, by Harvard Clinical Associate Professor of Psychiatry, John J. Ratey, MD:

- Exercise is the single most powerful tool you have to optimize your brain function
- Exercise is as effective as certain medications for treating depression and anxiety
- Exercise helps with anxiety, stress, depression, ADHD and addictions
- Physical activity has a positive influence on memory, concentration and classroom behavior
- Scheduling hardest subjects immediately after gym may help to capitalize on the benefits of exercise
- Students with higher fitness scores have higher test scores