GROWING A HEALTHIER CALIFORNIA
–WITH–
PHYSICAL EDUCATION
FOR ALL!

The PEOPLE have spoken
97% of California voters agree students need more physical activity in school.

The LEGISLATURE has spoken
An average of at least 20 min/pay of physical education is required by law.

The COURTS have spoken
Physical education is a right!

Science has spoken and the benefits are clear

Studies show:
Physical education:
- Enhances academic performance, graduation rates, & attendance
- Increases skills, knowledge, & confidence to be healthy throughout life
- Lowers risk of obesity, diabetes, & heart disease
- Promotes emotional well-being

Obesity & physical inactivity cost CA $41 billion per year, $20 billion due to inactivity.

NEVERTHELESS

Schools are not meeting physical education requirements, and civil rights disparities persist

50% of school districts did not meet physical education requirements between 2005 and 2009, and the problem continues.

Elementary school students in districts that did not meet physical education requirements were more likely to be Hispanic or black, while districts that did included fewer low-income students.

Physical education is good policy and required by law

TAKE ACTION

Write to your school board, share with your state legislators, and make sure your children receive the physical education they deserve. Even one teacher or parent per district can make a difference!

The L.A. County Department of Public Health has a physical education Checklist and MAP (Model Action Plan) for school and community leaders to make sure children receive quality physical education.

Visit goo.gl/qe8JUY.