

The message is clear

- **“Physical education is an integral part of the total education of a child.”**
 - National Association of School Boards
- **“Improving children’s health and well-being contributes to their success in school.”**
 - National Association of Elementary Principals
- **“School physical education programs are an important part of the overall education process.”**
 - American College of Sports Medicine
- **“Physical education is an “essential part of the total curriculum.”**
 - National Association for Sport and Physical Education
- **“Academic achievement begins with a student who is healthy and alert.”**
 - National Association of Secondary School Principals