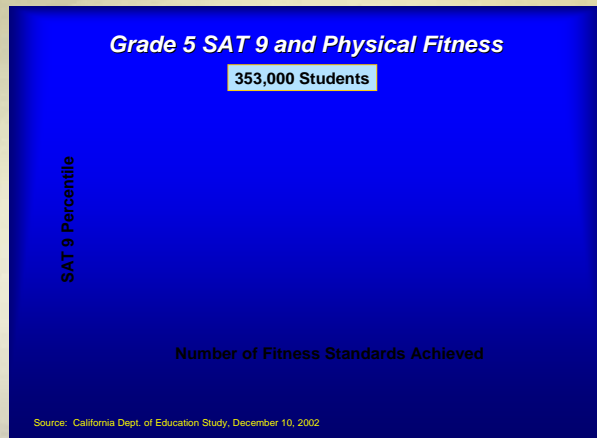


CA Dept. of Ed Study



Additional Studies

Other research studies that have shown a connection between PE/PA and academic achievement

Sample: CDC Youth Risk Behavior Survey (2003)

- http://www.cdc.gov/HealthyYouth/health_and_academics/index.htm

Additional Studies

Evidence that PE Does Not Hurt Academics

Australian Study, (Dwyer et al., 1983)

- Sample size: 350 5th graders

Michigan Study (Coe et al., 2006)

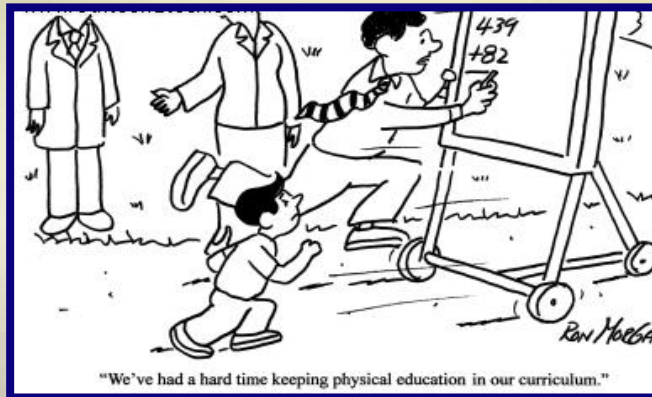
- Sample size: 214 5th graders

British Columbia Study (Ahamed et al., 2007)

- 287 4th-5th students



Integrating Activity into Academics



Increase
MVPA!



PE Dosage



Recommended vs. Reality

NASPE Recommendations for PE

- Elementary School: 150 minutes per week
- Middle school & High School: 225 minutes per week

Reality

A recent CDC report found daily PE in only:

- 4% of elementary schools
- 8% of middle schools
- 2% percent of high schools

