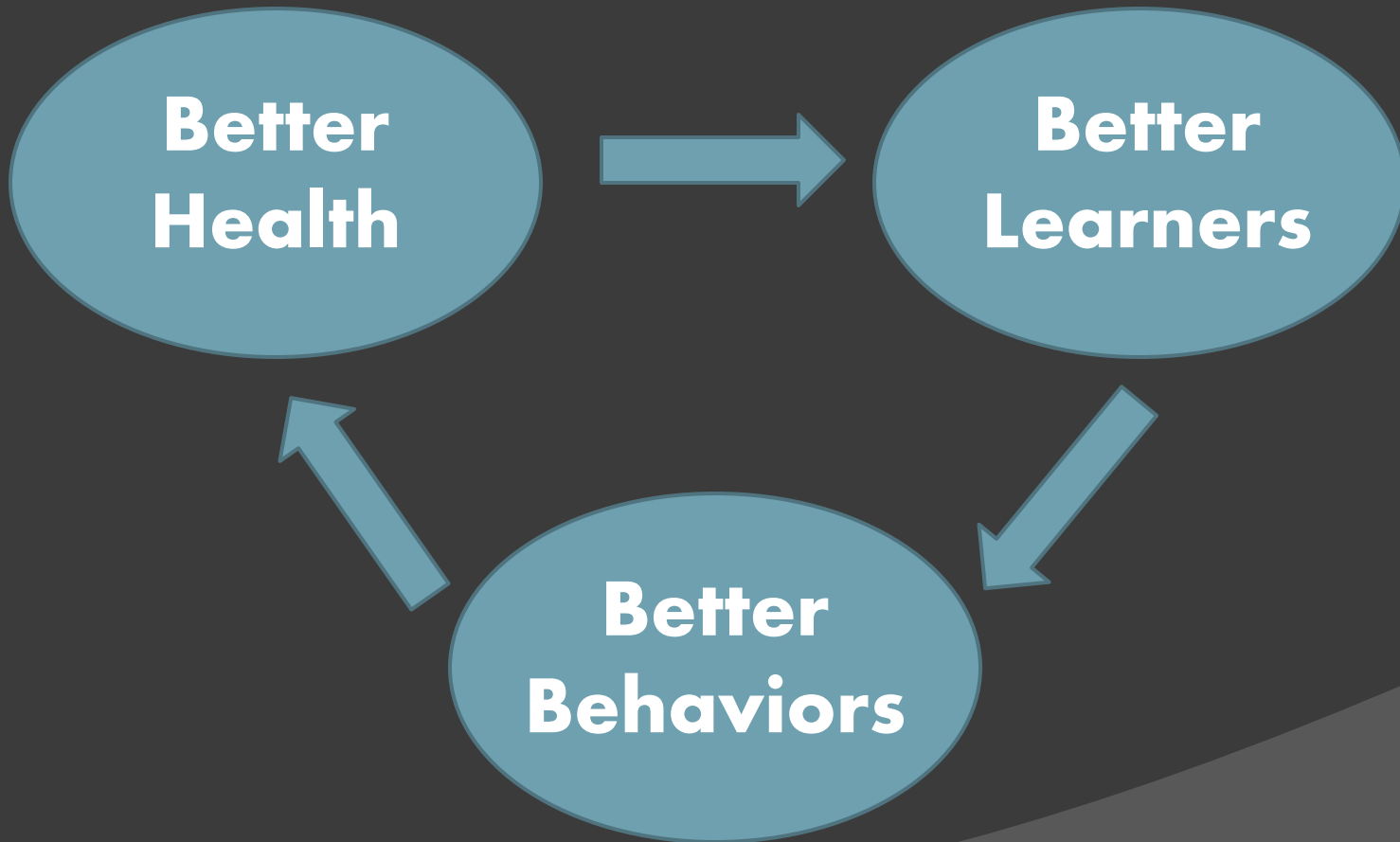


The Importance of Physical Education



Benefits



Better Health

- ⦿ Physical Fitness
- ⦿ Reduced risk of disease
- ⦿ Less Stress
- ⦿ Improved Mental Health



Return on Investment



Overall Health Benefits!

Happier & Improved self-esteem!



Children Sleep Better!

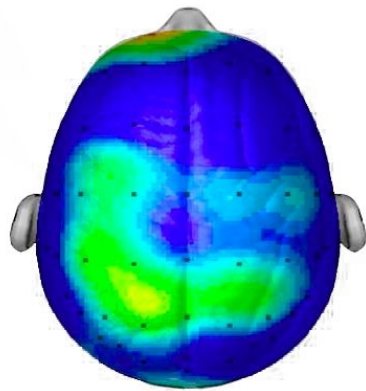
Better Learners

- ① Cognitive Performance
- ① Ability to Concentrate
- ① Memory
- ① Higher Academic Achievers

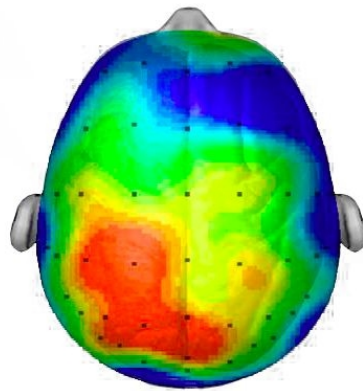


Return on Investment

Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Fit students do
better
academically!

Math &
reading scores
go up!

Physical Activity causes the brain to produce:

- ◎ Adrenaline- energy
- ◎ Cortisol energy- memory
- ◎ Noradrenaline- enhances focus
- ◎ Serotonin- attention, mood
- ◎ Dopamine- thinking, working memory
- ◎ Glucose energy- memory formation





Plus... **BDNF** secretion
(Brain-Derived Neurotrophic Factor)

Helps the brain grow and
can improve learning!

“It’s like Miracle-Gro for the Brain!”
– Dr. John Ratey

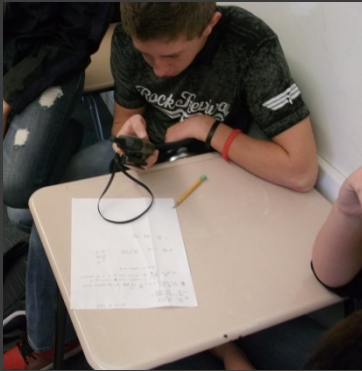
Better Behaviors

- ⦿ On Task Behavior
- ⦿ Less Disruptive
- ⦿ Fewer Disciplinary Incidents



Return on Investment

Better Academic Behaviors!



Benefits for kids with ADHD!



Improved Attendance Rates!

Fewer Disciplinary Issues!

We must INVEST in P.E.



High School Snowshoe Day
with 4th Graders

The Return is our students' success!

