

Benefits of PE Resources

Active Education: Growing Evidence on Physical Activity and Academic Performance. Active Living Research. 2015.

http://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Jan2015.pdf

Health and Academic Achievement. Centers for Disease Control and Prevention. 2014.

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

Brief on Chronic Absenteeism and School Health. National Collaborative on Education and Health. 2015.

<https://www.attendanceworks.org/wp-content/uploads/2017/09/Chronic-Absenteeism-and-School-Health-Brief-1.pdf>

Comprehensive School Physical Activity Programs: A Guide for Schools. Centers for Disease Control and Prevention. 2013.

https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf

Physical Education. Centers for Disease Control and Prevention. 2017.

<https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm>

Dudley D, Burden R. What effect on learning does increasing the proportion of curriculum time allocated to physical education have? A systematic review and meta-analysis. *Eur Phys Educ Rev.* 2019; Feb. doi: 10.1177%2F1356336X19830113.

Resources from SHAPE America

[Essential Components of Physical Education Guidance Document](#): This guidance document outlines the essential components of effective physical education- policy and environment, curriculum, appropriate instruction, and student assessment- and outlines why physical education is a key element of a well-rounded education for all students.

[Physical Education Program Checklist](#): This checklist is designed to help school administrators, principals, teachers, and parents review their school's physical education program to ensure it includes the essential components of physical education.

[PE/SEL Crosswalk](#): The PE/SEL Crosswalk document aligns CASEL's SEL competencies and related skills to SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education. This resource is free to download, but you will need to log-in to your existing account or create a free account.

Others

Enhanced PE Fact Sheet from Illinois: https://www.isbe.net/Documents/Enhanced_PE_Fact_Sheet.pdf