

150 Initiative



April 29th, 2016

To The MAEMSP Executive Board,

The Society of Health and Physical Educators (SHAPE) in Montana in partnership with The American Heart Association to put forward the 150 Initiative.

The 150 Initiative is a proposal to work with the OPI and the Board of Public Education to create an opportunity for elementary students in Montana to participate in daily physical education. According to the Centers for Disease Control, elementary schools should require daily physical education totaling 150 minutes per week. This will not only give them the roadmap they need for lifelong health, but it will also lead to stronger academic success.

Strategies for Implementation:

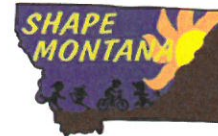
1. Developing a supportive environment for Montana's elementary classroom teachers to deliver high quality physical education to their students. This can be done within current FTE and existing facilities.
2. SHAPE MT will provide Montana teachers with the knowledge and skills to help each school implement 150 minutes of PE per week. Examples of training opportunities would be: Annual SHAPE MT Conference, MEA-MFT Convention, and MCEL.
3. Physical Education has recently been included as part of a Well Rounded education (according to ESSA), school districts may now use Title II monies for professional development in Health and Physical Education.
4. We are currently working with potential pilot schools to implement the 150 Initiative in an effort to offer best practices for implementation. OPI has made it possible for us to offer stipends to pilot schools to aid their implementation.

We look forward to continued conversation regarding the 150 Initiative. Please do not hesitate to reach out with any questions.

Sincerely,
Reg Hageman, SHAPE MT Advocacy
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150 Initiative



BENEFITS OF HEALTH & PHYSICAL EDUCATION TO STUDENTS

- ★ Positive relationship with **academic achievement** and **test scores**
- ★ Positive association with **attention, concentration,** and **on-task behavior**
- ★ Encourages **lifetime healthy habits**
- ★ Strategy for **reducing childhood obesity**
- ★ Reduces **discipline referrals** and **participation in high-risk behaviors**

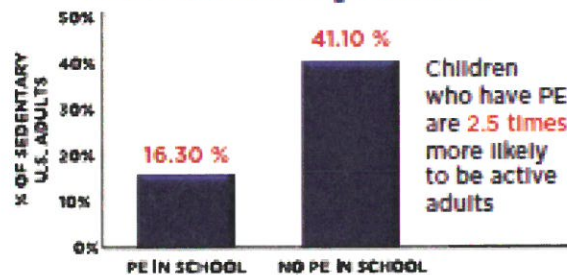
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

80% of students believe that PE is important to their overall school experience.



Findings from myCollegeOptions/SHAPE America research study (2015). National sample includes 78,456 high school students.

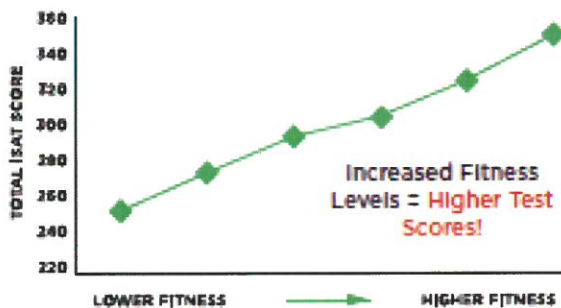
PE In Schools and Long Term Effects



Physical Activity Council: 41,000 Interviews on Sedentary Lifestyles. 2010.

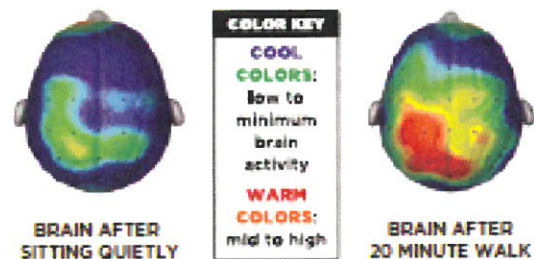
HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance



Hillman C.H., Erickson K.L., Kramer A.F. Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition. 2008.

Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Prepubertal Children. 2008.



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