



### PE4life Fact Sheet

PE4life was founded in January of 2000 and inspires active, healthy living by advancing the development of quality, daily physical education programs for all children.

PE4life is a national nonprofit organization dedicated to wellness through physical activity. Headquartered in Kansas City, Missouri, PE4life is strong in advocacy with a strong implementation program in place. As of March 2008, PE4life has trained 218 teams of more than 1,700 educators, administrators and community leaders from 38 states across the U.S., impacting 2,412 schools, reaching nearly 2 million children.

PE4life is an advocate for physical education and physical activity for all. Our approach is that physical education:

- Be offered to every child every day.
- Be available for all students, not just the athletically inclined.
- Provide a wide variety of sports and fitness activities to promote an active and healthy lifestyle.
- Assess students on their personal progress toward fitness and physical activity goals.
- Incorporate technology on a regular basis.
- Extend beyond the walls of the gymnasium.

PE4life offers the unique ability to transform the lives of students, teachers, schools, and communities by providing knowledge and expertise through our Program Service Packages. We offer a menu of services ranging from assessment and evaluation, consultation on implementation, in addition to ongoing support services.

PE4life programs have shown compelling improvements in math and reading scores when increasing fitness levels, while also decreasing disciplinary incidents. Our programs are data driven with measurable results.

#### Increased Fitness Scores

- Our Kansas City model at Woodland Elementary, a K-5 school in the urban core of Kansas City, Missouri, displayed a dramatic increase in the number of students in a healthy fitness zone in the first year of PE4life program implementation.
- The number of students in the healthy fitness zone for strength increased by 433%.
- The number of students in the healthy fitness zone for cardiovascular fitness increased by 207%.

#### Improved Academics

Our Naperville, Illinois (Naperville 203 School District) model has demonstrated significant academic improvements when pairing exercise and learning.

- Ninth grade students enrolled in a PE class immediately before math increased their algebra readiness by an average of 20% compared to only 4% in the students who took PE several hours after math class.
- Ninth grade students enrolled in a Learning Readiness PE (LRPE) class immediately before literacy increased their reading and comprehension scores by 1.4 on a grade level equivalency scale, as opposed to only a .9 grade level increase in those who did not participate in LRPE.
- In 2001, the Naperville school district received special permission for their eighth graders to participate in an annual international math and science test called TIMMS. Thirty eight nations participated in the test and Naperville finished number one in the world in the science category and number six in math.



#### Decreased Disciplinary Incidents

In the first year of implementation, our urban core Kansas City model at Woodland Elementary demonstrated a 59% reduction in discipline incidents, resulting in a 67% decrease in out of school suspension days.

PE4life is the focus of mind-body-connection and research.

- Dr. John Ratey, a Harvard brain researcher, studied the PE4life model and supports our findings.
- Dr. Ratey published a book (SPARK: The Revolutionary New Science of Exercise and the Brain) based on his research with the first chapter based on PE4life.

PE4life was recently featured in:

- Time Magazine- September 24, 2007
- Education Week- February 12, 2008
- Various other local and national media outlets such as Newsweek, CNN, NBC, CBS, PBS, HBO Sports, US News and World Report, USA Today, Ladies Home Journal, and People Magazine