

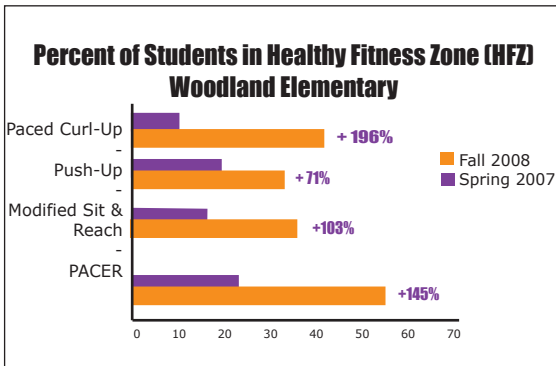
PE4life™



Results we've seen...

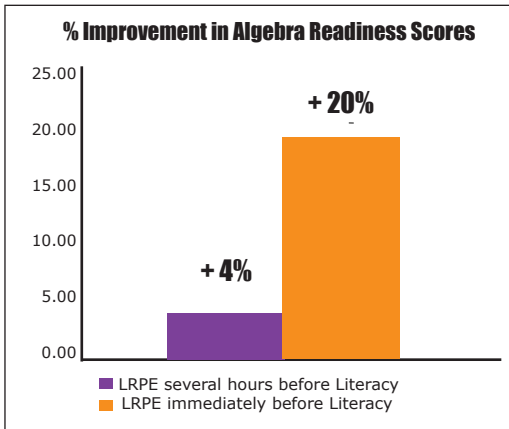
Improved Fitness Scores

Woodland Elementary, a K-5 school in the urban core of Kansas City, Missouri integrated a PE4life program in the 2005-2006 school year. Within one school year, the number of students in a healthy fitness zone increased dramatically.



Improved Academics

A PE4life Academy at Naperville Central High School of the Naperville, Illinois School District 203 integrated a new Learning Readiness PE (LRPE) class for the 2005-2006 school year. This PE4life program found a link between physical



education and improved math and literacy scores when offering physical activity before reading and math classes. Significant improvements were seen from the first year.

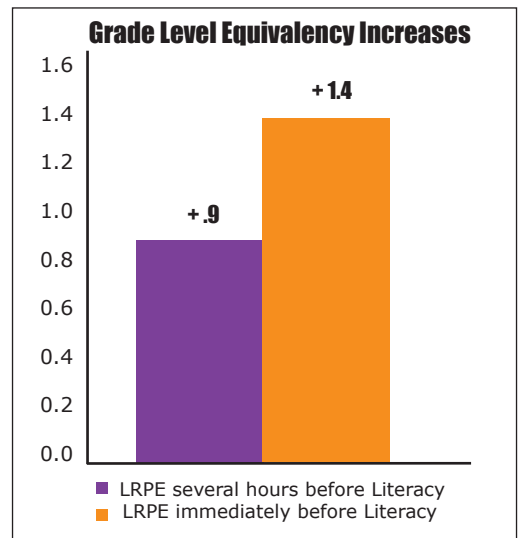
Students enrolled in a PE class immediately before math increased their algebra readiness by an average of 20% compared to only 4% in the students who took PE several hours after math class.

Additionally, significant improvements in literacy scores were seen when incorporating reading and comprehension activities into PE (a LRPE course). In one semester, those with LRPE immediately before literacy increased their reading and

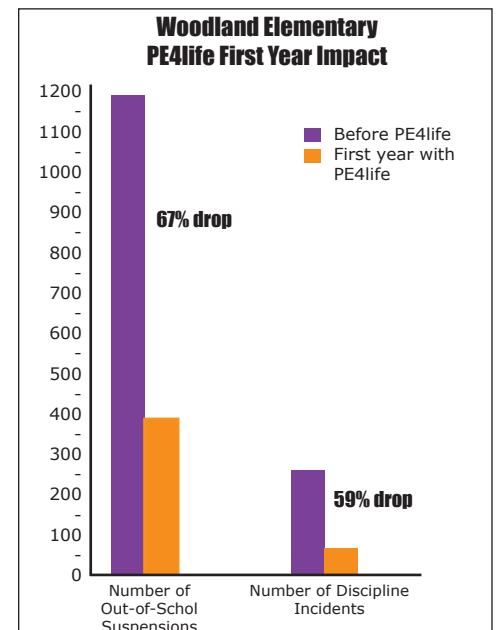
comprehension scores by 1.4 on a grade level equivalency scale. Results showed that students enrolled in LRPE an hour before reading class scored nearly twice as high as those who had a longer time frame between the classes.

Decreased Disciplinary Incidents

Kansas City PE4life Academy at Woodland Elementary has displayed a significant reduction in disciplinary incidents. Within one school year of implementing a daily PE4life program, Woodland Elementary demonstrated a 59% reduction in discipline incidents, resulting in a 67% decrease in out-of-school suspension days. In the four years since implementing the program, the school has displayed an average of only 157 discipline incidents a year, compared with 228 incidents occurring the year before PE4life. Additionally, the number of out-of-school suspensions averaged 577 per year, compared to



1,117 the year before the PE4life program was integrated.



About PE4life

PE4life is a national nonprofit organization dedicated to promoting wellness through fun and interactive physical activity in schools and communities.

PE4life's Core Principles

- Be directed to all students, not just the athletically inclined
- Offer a variety of fitness, sport, leisure and adventure activities
- Provide a safe and encouraging learning environment
- Utilize individual assessments
- Incorporate current technology
- Extend beyond the walls of the gymnasium
- Ideally, be offered to every child every day

Community Involvement is the Key to Success

Often the first step in enlisting community involvement is getting key decision makers and leaders in the same room. These key decision makers include:

School leaders who are ready and willing to make positive changes.

Community leaders that can create awareness so that the schools feel supported when making changes.

Foundation leaders to provide seed funding to get the programs off the ground.

Business leaders to partner with the schools to create sustainability options.

Want PE4life in your Community?

Next steps include a comprehensive presentation to key groups mentioned above. We seek your support in making this presentation happen and ask that you connect us with anyone you think may want to be involved in bringing PE4life to your area.