**HB 11-1069: Key Messages**

**Purpose:**

To engage and empower key stakeholders in local school districts in actively supporting robust implementation of HB 11-1069

**Target Audiences**:

* School board members
* BOCES
* Superintendents
* Principals
* School district legal counsel
* School wellness coordinators
* Curriculum coordinators
* Teachers (PE and classroom)
* LiveWell Coordinators and other community health advocates
* Parents and community members
* Kids

**The Value of Physical Activity:**

Physically active students are more likely to:

1. Perform better in the classroom and on standardized tests
2. Have higher attendance and motivation to learn
3. Have fewer behavioral and disciplinary problems both inside and outside the classroom
4. Have better physical and mental health
5. Have enhanced memory and executive brain functions

**Schools’ Role in Providing Opportunities for Physical Activity**

* Children need at least one hour of active time every day to be healthy
* 62% of children in Colorado are not sufficiently active and 23% are overweight\*
* Families, schools, and communities all have a role in providing kids with opportunities for safe activity and play
* Research conclusively supports the academic, behavioral, and health benefits of incorporating physical activity into the school day. Research does not provide evidence for any benefits of eliminating physical activity from the school day.
* There are several opportunities to easily incorporate activity into the hours children spend at school
* Nearly one-third of children in Colorado live in neighborhoods without a park, playground, recreation center, trail, or other safe place to play. School hours may be these children’s best opportunities to be active.\*

**HB 11-1069**

* Prior to passage of HB 11-1069, Colorado was one of only two states that had no requirements for schools at any grade level to offer physical activity or PE to students
* HB 11-1069 establishes a minimum amount of physical activity opportunities that elementary schools must provide to all students
* Local schools have great flexibility in how they meet HB 11-1069’s requirements both in the types of physical activity they offer to students and how they incorporate them into the school day
* Schools may go above and beyond the amount of activity time they offer to students
* The physical activity HB 11-1069 requires can help school districts meet the updated state academic content standards in physical education and in other subjects like math and reading

\*Note: Substitute local data where available