



BURLINGAME COMMUNITY
EDUCATION FOUNDATION

Physical Education for Burlingame School District Students



BCE and Physical Education

BCE's supplemental funding to Burlingame School District (BSD) is critical because the state of California no longer funds Physical Education specialists in elementary school. Since 1981, Burlingame parents, teachers, administrators, businesses and community members have supported BCE and our schools by raising money for programs that are paid for by the state through tax dollars. In fact, property tax dollars go to Sacramento and less than 50 cents of every dollar sent is returned to the Burlingame School District.

Quality Physical Education *Benefits for Life*

Young children need to learn to be physically active in their lives, therefore establishing a foundation in their early years can influence a lifetime of behavior. Quality Physical Education (PE) programs, like those supported by BCE, provide a starting point to lifelong wellness.

“Exercise is Miracle-Gro for the brain.” — John Raty
Professor of Psychiatry
Harvard Medical School

Quality Program

The primary goal of a quality PE program is to develop a physically educated person through a program of developmentally appropriate activities and concepts. Criteria for quality PE include instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child, as well as create an environment that supports the inclusion of all students.

Quality PE programs:

- Go beyond providing activity opportunities and give children opportunities to learn through meaningful and appropriate instruction.
- Provide students with real-world skills, including an understanding of health and nutrition that help youths adopt healthy living practices.
- Teach students motor skills that enable them to participate in a variety of physical activities now and for a life time.



PE Specialists

PE specialists are at the heart of a quality physical education program. They are specially trained to impart meaningful content that promotes physical activity now and leads children to maintain it for a lifetime. PE specialists deliver developmentally appropriate programs that provide a regulated opportunity to introduce physical activity, as well as healthy life skills and knowledge, in a structured way to all children, within a safe and supportive environment.

Special training allows PE specialists to instruct students in subjects critical to physical fitness including:

- Reinforcing social development with a focus on fair play, sportsmanship, personal responsibility and social inclusion
- Learning about and maintaining healthy eating habits
- Developing motor skills to support safe participation in many physical activities
- Understanding and applying concepts related to the development of motor skills and fitness
- Building core principles of physical fitness into everyday choices

“A high-quality physical education program is good for children’s health – and healthy children learn better.”

—Judith C. Young
Executive Director
National Association for Sport and Physical Education

Research has demonstrated that quality Physical Education leads to:

- Strong ability to work in teams
- Improved self confidence
- Enhanced motor skills
- Better self esteem
- Positive moods
- Increased efficiency
- Reduced sedentary behavior following graduation from high school
- Increased physical activity over the long term

“A quality physical education program is basic in preparing children for lifelong physical fitness and good health.”

—David Satcher
United States Surgeon General

PE Long-Term Benefits

Quality PE programs, led by specialists, give children regular physical activity as well as the skills and knowledge to lead physically active and healthy lives.

Physical Activity

Because quality PE programs focus on the “why” of activity rather than just the activity itself, they help children develop positive attitudes towards physical activity. This facilitates participation now and later in life, because people are more likely to participate in physical activities if they have the skills that enable them to be successful.

Health and Nutrition

Quality PE programs also include instruction in health and nutrition. This awareness of healthy lifestyles is something that children will carry with them after they leave school.

Academic Performance

Physical activity can enhance academic performance by increasing the flow of blood to the brain, enhancing mood, increasing mental alertness and improving self esteem. A large-scale study looking at the relationship between physical fitness and academic achievement (i.e., performance on standardized tests) in California, found that higher achievement on standardized tests was associated with higher levels of physical fitness.

Contribute to BCE Today

Ensure that Burlingame School District Has Quality Physical Education

Your contribution to BCE ensures that our children receive quality PE programs delivered by trained specialists. And, your tax-deductible donation remains entirely in the Burlingame School District, directly benefiting our children.

Families are asked to contribute \$500 per child or whatever they can.

☛ **Pay by Mail:** Send check or credit card info in BCE envelope

☛ **Pay Online:** Go to www.bcefoundation.org/donate

☛ **Get Matching Funds:** Check with your employer about their matching gift program.



Burlingame Community for Education Foundation

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BCE Foundation is a 501(c)(3) nonprofit organization.