**Take Your Parent to PE Week Talking Points for Parents**

**What**:

* Take Your Parent to PE Week is a fun way to learn about the physical education program at my child’s school.
* Sponsored by the [Active Schools](https://www.activeschoolsus.org) movement, it’s a campaign meant to highlight the importance of physical learning in schools. PE teachers welcome parents to participate in class and see the fun and engaging activities that are helping keep my kid(s) healthy and active.
* The weeklong campaign encourages me to engage with PE throughout the year and encourages my family to be physically active together at home and in the community.

**Why**:

* We expect a lot from our schools. They’re responsible for making sure our kids are challenged academically, supported emotionally and engaged physically in a safe, nurturing environment.
* Studies show the link between movement and improved brain function, but when competing priorities come into play, it is often the physical aspect of education that gets deprioritized.
* Active kids do better. Daily activity is crucial for kids’ healthy physical, social and emotional, and academic development.
* Physical activity helps K-12 students feel better, work together as a team, reduce anxiety and maintain focus in the classroom.

**When**:

* Take Your Parent to PE Week is the last week of September every year and will take place Sept. 23-27 this year.
* Schools can participate all week, just one day or pick a different time that works better for the curriculum.

**How**:

* Parents can talk to their kid’s PE teacher or principal to get the ball rolling and help organize a fun event.
* Check out www.activeschoolsus.org/pe-week for more information including toolkits for [parents](http://activeschoolsus.org/pe-week/parent-toolkit) and [schools](http://activeschoolsus.org/pe-week/school-toolkit) for everything you need to get involved.
* Be sure to tag @ActiveSchoolsUS and #ParentsLovePE to share the fun!

**About Active Schools**

* The Active Schools movement is made up of parents, educators and health- and activity-focused organizations from Fortune 500 companies to small nonprofits.
* Together, they help K-12 schools provide exceptional and equitable physical activity programming for their students.
* Active Schools gives schools access to resources like training programs and grants. Those resources help schools enrich their PE and classroom curricula, as well as other before- and after-school programs.
* As champions for daily school-based physical activity, Active Schools helps parents, educators and decision-makers improve academic outcomes and inspire lifelong healthy habits, ultimately aiming to revolutionize how schools incorporate activity into student learning.