



Title IV Part A: Student Support and Academic Enrichment

Health and Physical Education

Title IV, Part A Purposes

The Every Student Succeeds Act (ESSA) contains specific language that allows school districts to utilize Student Support and Academic Enrichment Grants (Title IV, Part A) to support access to a **Well-Rounded Education** and **Safe and Healthy Students**.

The purpose of a well-rounded education is to provide an enriched curriculum and education experiences to all students. Title IV, Part A funds can be used to support those opportunities. Program funds may also be used for programs and activities that foster safe, healthy, supportive, and drug-free school environments. When students are healthy and feel safe and supported, they are more likely to succeed in school. Title IV, Part A programming must be coordinated with other school and community-based services and may be conducted in partnership with institutions of higher education and other entities.

Health and Physical Education

School districts may use Title IV, Part A funds to implement or expand health and physical education programming that supports student success and the development of the skills and knowledge needed to embrace a healthy, active lifestyle. Students who receive comprehensive health education, such as that described in the K-12 Learning [Standards](#), have better health and academic outcomes and lower absenteeism and discipline rates.

School districts may also use Title IV, Part A funds to implement or expand programs and activities related to student safety and health. Students who feel supported, safe, respected and engaged have higher self-esteem and lower rates of drug use and stress.

Physical Education teaches students that good health, rigorous activity, and a focus on safety can lead to a lifetime of healthy practices and more productive, active, and successful lives. Active students perform better academically, and have fewer behavioral distractions.

Snyder J, Duncan N, Shore A. *Hallways to Health: Creating a School-wide Culture of Wellness*. School-Based Health Alliance website. [Hallways to Health](#). Published 06/19/2018. Accessed 10/01/2018.

Health and Physical Education Program Examples

Health and Physical Education programming may address either the Well-Rounded Education or Safe and Healthy Students goals defined for Title IV, Part A. School districts are encouraged to coordinate the use of Title IV, Part Funds as part of broader school and community programs or initiatives. Examples may include, but are not limited to, the following:

Well-Rounded Education

- Adoption of evidence-informed, comprehensive sexual health curricula
- Development of a community garden that incorporates multiple curricular content areas, e.g., biology, nutrition
- Health and physical educator attendance at SHAPE Washington Conference for state-specific professional development (or other focused training)

Safe and Healthy Students

- District-wide “consent campaign”
- Welcoming Schools training for staff
- Mentored recess program with outside providers
- Family engagement in health programming
- Step/Miles challenge using activity monitors that count student, teacher, and other staff movement for school-wide wellness
- Child sexual abuse prevention instruction

Uses of Title IV, Part A Funds for Health and Physical Education

In support of the program examples listed above, allowable Title IV, Part A expenditures could include:

- Purchase of curriculum to support health and physical education.
- Hiring new staff or dedicating additional time for existing staff.
- Adding new enrichment activities – by connecting with community volunteers or hiring additional staff and purchasing supplies – as part of expanded learning opportunities.
- Contracting with outside providers to bring standards-based training to the district.
- Contracting with a local health or recreation agency to provide student learning opportunities.
- Purchasing equipment for physical education and recreation activities.
- Paying the registration, travel costs, and/or substitute reimbursement for staff to attend targeted professional learning activities.
- Creating informational materials for a social norms campaign.

Additional Resources

Health Education is part of the required core curriculum in Washington – [RCW 28A.150.210](#)

Washington graduation requirements include two health and fitness credits (.5 credit health; 1.5 credits fitness) – www.sbe.wa.gov

[Health and Physical Education K-12 Learning Standards](#)

School staff or other community stakeholders who are interested in how to access Title IV, Part A for Health and Physical Education should begin by contacting the individual in the school district with responsibility for administering federal programs. For assistance with the program planning process: [Program Planning Guide](#)

For more information

For more information on Health and Physical Education:

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For general questions and information about how school districts can apply for Title IV, Part A funds:

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[Title IV, Part A](#)