

# Let's Move ...

## Our Schools to Provide Quality Physical Education and Physical Activity

The Institute of Medicine of the National Academies recommends that at least 30 minutes, or half of the recommended daily physical activity time, be accrued during the school day (Preventing Childhood Obesity: Health in the Balance, 2005).

A **Comprehensive School Physical Activity Program** is the best way for schools to ensure that students get enough physical activity to positively affect their health and academic performance. Components include:

- Quality Physical Education
- Physical Activity During School
- Staff Involvement
- Physical Activity Before and After School
- Family and Community Involvement

"Society should take advantage of the time children are in school to teach them the skills and attitudes needed to embrace a physically active lifestyle."

– Howell Wechsler, Ed.D., M.P.H.,  
Director of CDC's Division of  
Adolescent and School Health

**Take Action Today at**  
[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)

# Let's Move In School

The goal of **Let's Move in School** is to ensure that every school provides a comprehensive school physical activity program with quality physical education as the foundation.

Academic achievement is just one of the many reasons to encourage our youth to become physically active. The **Let's Move in School** Web site provides more tools to support quality, school-based physical education and activity programs, such as sources of funding, recognition for outstanding physical education teachers and programs, and information on federal, state and local policy efforts.



National Association for  
Sport and Physical Education  
an association of the American Alliance for Health,  
Physical Education, Recreation and Dance

**NASPE Sets the Standard**



American Alliance for  
Health, Physical Education,  
Recreation and Dance

NASPE supports **Let's Move!**, First Lady Michelle Obama's national campaign to solve the challenge of childhood obesity within a generation.

[www.LetsMove.gov](http://www.LetsMove.gov)



**GeoMotion**  
Move to Achieve

**Funding for this brochure  
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GeoMotion offers movement-based programs that are easy to implement, certainly affordable, extremely durable and academically sound.

[www.geomotiongroup.com](http://www.geomotiongroup.com)

# Active Kids and Academic Performance

**The Positive Impact of School-Based Physical Education and Physical Activity**



"We know that physical activity is critical ... not just for better health but for better academic achievement."

– First Lady Michelle Obama



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# Physically Active Youth Are Healthy And ...

## The **POSITIVE** Impact of School-Based Physical Education and Physical Activity on Academic Performance

The Centers for Disease Control and Prevention (CDC) recently reviewed studies about school-based physical education and physical activity and their effect on academic performance, with overall positive results.

### Let's Move ...

### Our Youth to Be Physically Active

Whether you are a parent, principal, superintendent, school board member, legislator or concerned citizen, you have a role to play in helping our youth become active and in making quality physical education and physical activity a reality in your local school.

#### The Brain Game

Research shows that physical activity can positively affect:

- Blood flow and oxygen to the brain, thereby improving mental clarity.
- The part of the brain responsible for learning and memory.
- Connections between nerves in the brain, thereby improving attention and information-processing skills.

#### Physical activity also:

- Builds strong bones and muscles.
- Decreases the likelihood of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease.
- Promotes positive mental health and can reduce anxiety and depression.
- Positively affects classroom behavior and can help youth improve their concentration and memory.

### Centers for Disease Control and Prevention (CDC) Review of Research Findings

- 50 studies were reviewed.
- A total of 251 associations between physical activity and academic performance were tested.
- More than half (50.5%) of all associations tested were positive.
- Only 4 (1.5%) of all associations tested were negative.



#### Types of Studies Reviewed

#### Positive Associations Correlated to ...

Physical Education

Attention/concentration  
Achievement test scores

Recess

Attention/concentration  
On-task behavior

Classroom Physical Activity

Attention  
Classroom behavior/conduct  
Achievement test scores

Extracurricular Physical Activity

Education aspirations  
School attachment  
School completion/graduation  
Grade point average

#### The Bottom Line

- Substantial evidence suggests that physical activity can be associated with improved academic achievement, including grades and standardized test scores.
- Increasing or maintaining time dedicated to physical education can help – and does not adversely affect – academic performance.

Full report of methods and results: [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)

### Physical Activity Guidelines

The federal Physical Activity Guidelines for Americans recommends that children and youth ages 6-17 should participate in at least 60 minutes of physical activity daily.

# ... Ready to Learn

Together, we can put research into action to develop active, healthy kids in our nation's schools. [www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)