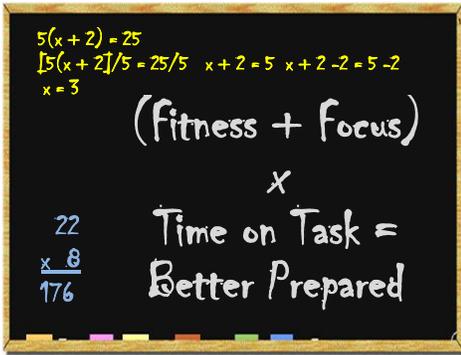


## Classroom Physical Activity and Academic Achievement Making the Healthy Choice an Easy Choice



There is growing scientific evidence that shows the link between physical activity and student success. Being active stimulates the mind and we function better throughout the day. This is true for administrators, teachers, and students. Teachers have known for years that students are more attentive, less fidgety, behave better, and some can improve scholastically after physical activity like recess, or after physical education. So why not build movement and fun physical activity into your educational curriculum?\*

- **Both** reading and math scores improve for poorly adapting\*\* students when they increase their physical activity. (Murray, et. al., "PASS & CATCH – Classroom Physical Activity and Stanford 10 Scores Among Third and Fourth Grade Students in Texas With Adaptive Skills Problems," American Public Health Association, October 29, 2008, San Diego, CA [Funded through Prevention Research Center Program of Centers for Disease Control and Prevention])
- **All** students improve their math scores when they increase their physical activity. (Murray, et al., "PASS & CATCH – Fitness and Academic Achievement Among Third and Fourth Grade Students in Texas," American College of Sports Medicine, May 30, 2008, Indianapolis, IN [Funded through the Prevention Research Center Program of Centers for Disease Control and Prevention])
- **Increased** classroom activity leads to significant, systematic improvement in on-task behavior. (Mahar, et. al., *Effects of a Classroom-Based Program on Physical Activity and On-Task Behavior*, Medicine and Science in Sports and Exercise, 2006)
- **Increased** physical activity **does not** take away from classroom academic outcomes. (Murray, et. al., *Coordinated School Health Programs and Academic Achievement: A Systematic Review of the Literature*, Journal of School Health, 2007)

The evidence is clear:

Increased classroom physical activity can help teachers improve classroom management, math and reading scores, concentration and time on task, and help their students make healthy choices and develop healthy habits.

### Physical Activity Adds Up

Children and adolescents should do 60 minutes or more of aerobic physical activity every day to receive substantial health benefits, according to the 2008 *Physical Activity Guidelines for Americans* published by the U.S. Department of Health and Human Services (HHS). While HHS recommends at least 10 minute blocks of activity, the PASS & CATCH study found that as small as **two minute blocks** of activity were beneficial. When combined with PE or structured recess minutes, simple classroom physical activities get students closer to the daily goal of 60 minutes. Adding physical activities that kids enjoy and that match their abilities will help ensure that you and the class stick with them to see both health and academic rewards.

\*Classroom activities such as those used in the PASS & CATCH study are low-cost, easy to use, and immediately available through the TAKE 10® program, [www.take10.net](http://www.take10.net)

\*\*Poorly adapting students are those who score below average on measures of social skills, coping skills, and adaptation to school

**“I really enjoyed the activities – the kids enjoyed them also. We were able to get a lot of positive energy from the activities.”**

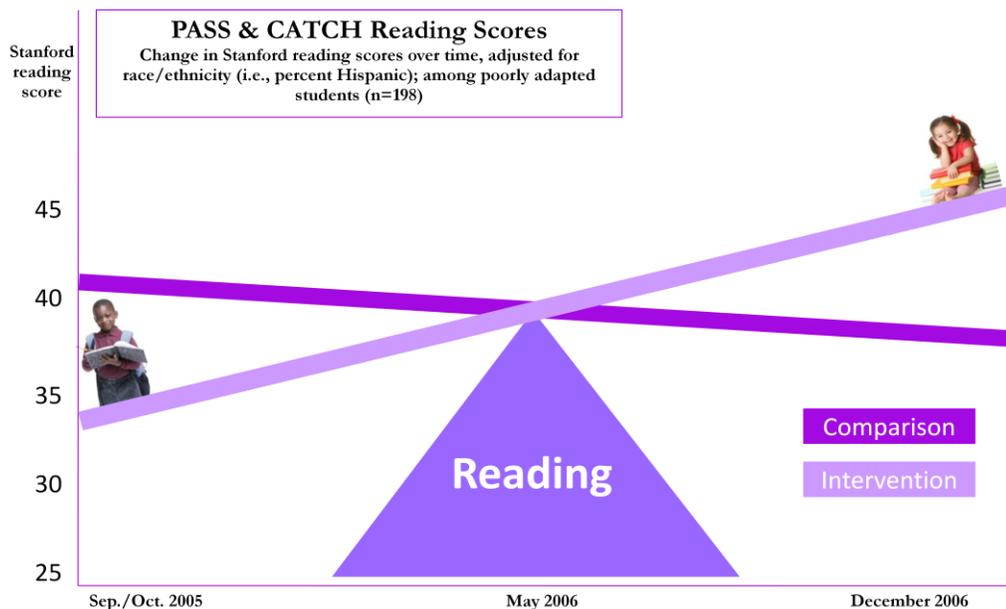
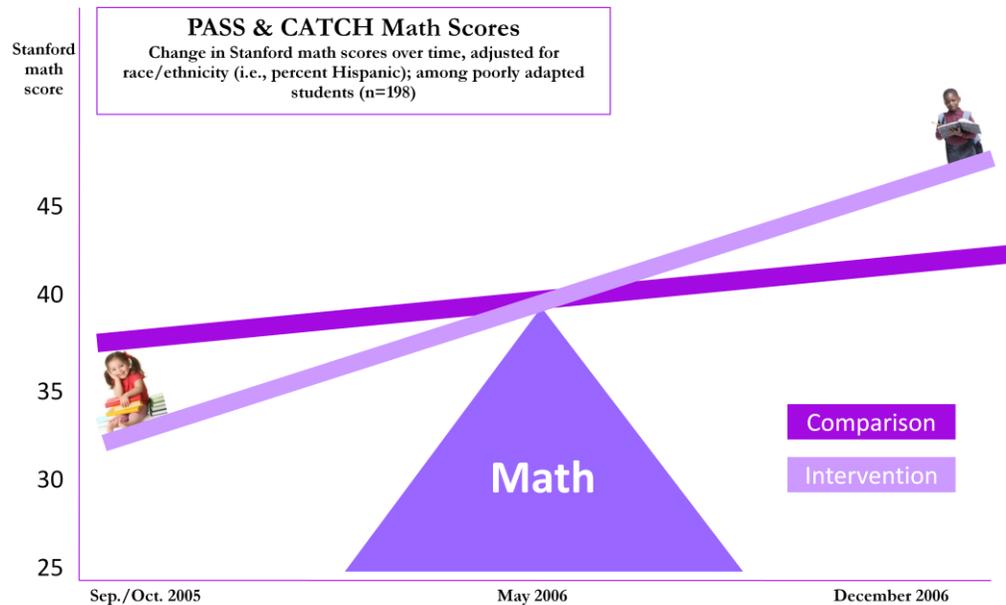
*PASS & CATCH teacher*

**“My students were able to get out their pent-up energy in a positive way. They really enjoyed the different activities.”**

*PASS & CATCH teacher*

**“My students were more focused and when students were getting off task, I would use PASS & CATCH activities.”**

*PASS & CATCH teacher*



**“This program lets my mind ‘wake up’ because you always have to concentrate on doing your best.”**

*PASS & CATCH student*

**“I also liked the game where we would pass the ball around the room and give each other multiplication tables. This game we would play before math in the morning to get our heart pumping.”**

*PASS & CATCH student*