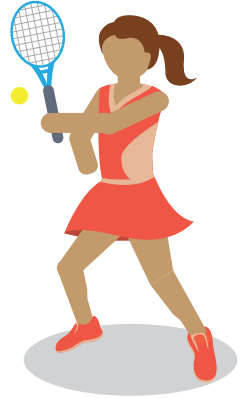
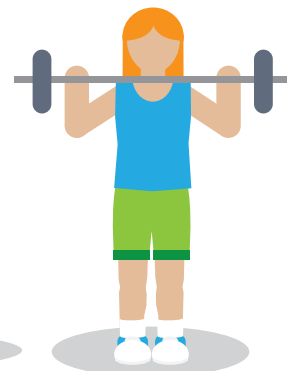


EDUCATIONAL AND SOCIAL-EMOTIONAL BENEFITS OF PHYSICAL ACTIVITY



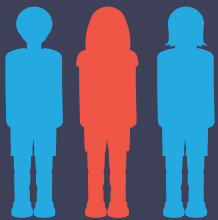
American Heart Association®

Better memory and concentration • Increased academic achievement
Stronger self-confidence and social skills • Improved time management



How is physical activity defined?

Physical activity for students is not restricted to physical education class. It occurs in a variety of settings, such as on the playground during recess, in the classroom during brief exercise breaks, and on the field during athletic events. It includes activities such as jumping rope, playing basketball, doing push-ups, and running during games of tag. In short, it's any activity that gets students moving.



FAST FACTS

Only 1 in 3 children achieves the recommended amount of daily physical activity.

How does physical activity make a difference in the classroom?

It's common knowledge that being physically active contributes to a student's physical fitness. That's not the only benefit, though. Research shows that regular exercise also has immediate and long-term effects on school performance.



Students who participate in regular physical activity tend to exhibit better time management skills, score higher on tests, and achieve better grades.



When students are physically active, their blood flow to the brain is increased.

The blood delivers oxygen and nutrients, which helps students remember more, think more clearly, and be more attentive.

Hormones are released that can improve a student's mood and reduce anxiety.



FAST FACTS

One session of physical activity can lead to enhanced attention and memory and reduced off-task behavior.



Physically active students show more positive attitudes toward school and have better school attendance. Overall, they tend to be better learners.

How much activity is enough?

The US Department of Health and Human Services recommends that children aged 6 to 17 participate in at least 60 minutes of physical activity per day.



FAST FACTS

After students participate in physical activity, they can complete assignments more quickly and accurately.



FAST FACTS

Walking for just 20 minutes significantly increases brain activity.



Physically active students sleep better and exhibit stronger mental health. They have greater self-confidence and strengthened social skills.