

MAKING THE GRADE

WHY CLASSROOM MOVEMENT GETS AN A+

Despite strong evidence supporting the positive connection between learning and movement, pressure to improve test scores and reduced budgets continue to spur educators to forgo recess and physical education to reallocate more time to the classroom.

Research shows that reducing opportunities for physical activity in school limits a student's ability to learn.

Report Card

Subject: Physical Education

- Excellent
- Good
- Needs Improvement
- Poor

Comments:

- Over the past 3 decades, childhood obesity rates in the U.S. have tripled ¹
- Nearly 1 in 3 children are overweight or obese ¹
- Only 6 states require physical education in every grade ¹
- Only 20% of school districts require daily recess ¹
- 2 out of 3 kids today are inactive ¹

THE CEREBELLUM IS THE CENTER OF MOTOR CONTROL AND ALSO THE PART OF THE BRAIN THAT PROCESSES LEARNING ²

Today's Lesson

Making The Grade With Movement

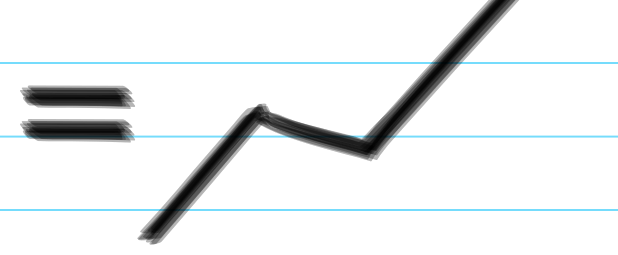
Exercise your mind—
Just as physical activity shapes the muscles, it can also strengthen key parts of the brain that learn ²



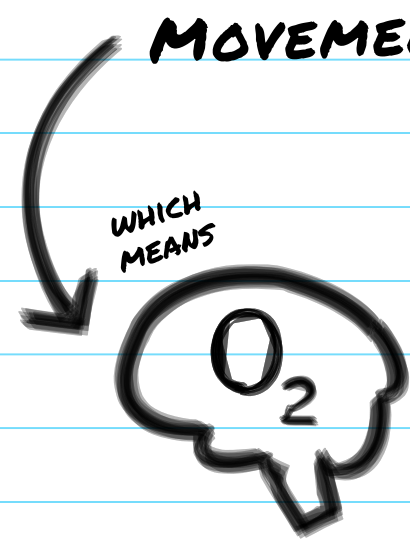
LEARNING



MOVEMENT



HIGHER ACADEMIC PERFORMANCE



INCREASED OXYGEN TO THE BRAIN

RESEARCHERS HAVE FOUND THAT CHILDREN WHO ENGAGE DAILY IN EXERCISE SHOW SUPERIOR MOTOR FITNESS, ACADEMIC PERFORMANCE AND ATTITUDE TOWARDS SCHOOL THAN THOSE WHO DON'T ²

BRAIN BREAK:

GIVING YOUR BRAIN A BREAK WITH MOVEMENT WILL IMPROVE CONCENTRATION ²



OUR BRAINS HAVE NATURAL ATTENTION HIGHS AND LOWS THROUGHOUT THE DAY THAT AFFECT COGNITIVE ABILITY ²

Movement helps maintain student focus ²

Educator's Homework: Activate Students

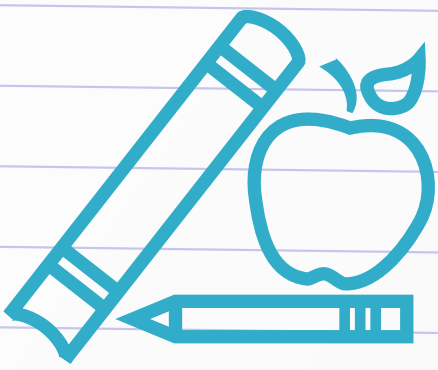
Schools should leverage children's natural energy with curriculum and purposefully integrate movement activities into everyday learning



TABLETS

STANDING DESKS

CLASSROOM OF THE FUTURE



Things to Remember:

Studies show that introducing low-level physical activity into the classroom has a positive impact on student health, classroom engagement and academic performance:

Curriculum Planner



Health Benefits – Standing more during day increases circulation, burns more calories and helps maintain muscle tone ³
Mayo Clinic estimates that a child standing will burn about 15 calories an hour more than when sitting. Over the course of a school year, that's approximately 18,000 calories = 5 lbs of fat



Classroom Performance – Greater student focus and engagement is achieved with introduction of stand-biased desks ⁴



Academic Performance – A positive correlation is shown between physical activity and test scores ⁵
Plus teachers report that it was easier to maintain student attention during the instruction and students were more academically motivated ⁶

AN ACTIVE CLASSROOM CAN HELP REDUCE CHILDHOOD OBESITY

SOURCES:

- ¹ <http://www.letsmove.gov/>
- ² Jensen, E. (2005). *Teaching with the Brain in Mind* (2nd ed.). Association for Supervision and Curriculum Development.
- ³ Duvivier BMFM, et al. (2013). Minimal Intensity Physical Activity. *PLoS ONE*, 8(2): e55542. doi:10.1371/journal.pone.0055542.
- ⁴ Benden, M. E., et al. (2011). The Impact of Stand-Biased Desks in Classrooms on Calorie Expenditure in Children. *American Journal of Public Health*, 101(8), 1433-1436.
- ⁵ The Institute of Medicine of the National Academies. (2013). *Educating the Student Body: Taking Physical Activity and Physical Education to School*. Washington, DC: the National Academy of Sciences.
- ⁶ Blake, J. J. PhD, et al. (2012). Using Stand/Sit Workstations in Classrooms: Lessons Learned From a Pilot Study in Texas. *Journal of Public Health Management & Practice*, 18(5), 412-415.