



PHYSICAL ACTIVITY AND ACADEMIC ACHIEVEMENT

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CLASSROOM BASED PHYSICAL ACTIVITY

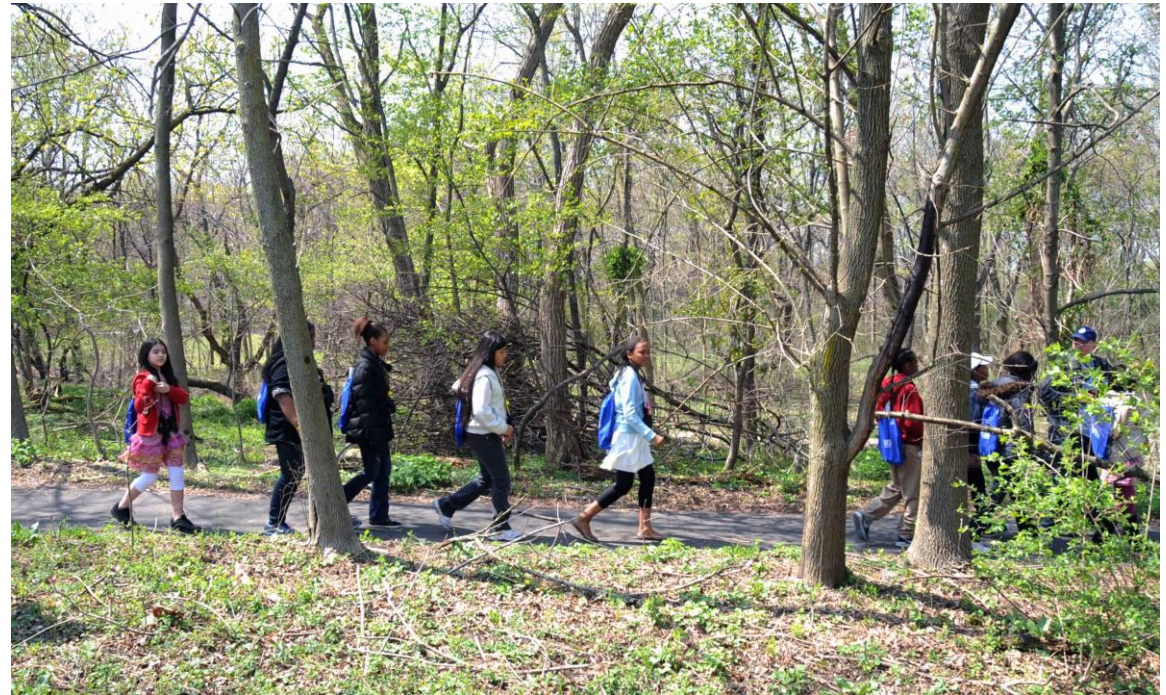
- Researchers studied elementary school aged children
- Investigated the association with classroom based physical activity and academic success
- Study done in USA
- Improvements were made in off task behavior and academic performance



WATSON, A., TIMPERIO, A., BROWN, H., BEST, K., & HESKETH, K. D. (2017). EFFECT OF CLASSROOM-BASED PHYSICAL ACTIVITY INTERVENTIONS ON ACADEMIC AND PHYSICAL ACTIVITY OUTCOMES: A SYSTEMATIC REVIEW AND META-ANALYSIS. *THE INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY*. RETRIEVED FROM <HTTP://DOI.ORG/10.1186/S12966-017-0569-9>

IMPROVEMENT OF ON-TASK BEHAVIOR

- Third and fourth graders from two southwestern schools
- Test the effect of running/walking before school on students on-task behavior
- United States
- On task behavior was significantly higher for the students who participated than those who did not



STYLIANOU, M., HODGES KULINNA, P., MARS, H., MAHAR, M. T., ADAMS, M. A., AMAZEEN, E. (2016). BEFORE-SCHOOL RUNNING/WALKING CLUB: EFFECTS ON STUDENT ON-TASK BEHAVIOR. *ELSEVIER*. RETRIEVED FROM [HTTPS://WWW.SCIENCEDIRECT.COM/SCIENCE/ARTICLE/PII/S2211335516000139?VIA%3DIHUB](https://www.sciencedirect.com/science/article/pii/S2211335516000139?via%3DIHUB)

JUST 5 MINUTES!

- Second grade class
- Participants ran or walked for five minutes outside or inside the school, and after they immediately went to their classroom to do their randomized math sheet
- Conducted in Hawaii
- Math fluency was better when five minutes of activity was performed. Teacher was able to accomplish more with students



MAEDA, J. K., & RANDALL, L. M. (2003). CAN ACADEMIC SUCCESS COME FROM FIVE MINUTES OF PHYSICAL ACTIVITY?. *BROCK EDUCATION*, 13. RETRIEVED FROM [HTTPS://JOURNALS.LIBRARY.BROCKU.CA/BROCKED/INDEX.PHP/HOME/ARTICLE/VIEW/40](https://journals.library.brocku.ca/brocked/index.php/home/article/view/40)

STRATEGIES TO IMPLEMENT PHYSICAL ACTIVITY IN YOUR LESSON PLANS

- Learning Stations
- Getting outside the classroom (hallways, playground, another classroom)
- Interactive fitness videos



STRATEGIES TO IMPLEMENT PHYSICAL ACTIVITY IN YOUR LESSON PLANS

- Do a morning movement activities
- Fitness dice



ALTERNATIVES TO TAKING AWAY PHYSICAL ACTIVITY TIME

- Create a safe space in the classroom for reflection
- Give child a strike (red card) for every time they misbehave
- Creating a sticker chart to reward good behavior. (hopefully this will minimize bad behavior among the students)
- Peer remediation
- Losing a specific favorite game or playground equipment



WORKS CITED

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- Watson, A., Timperio, A., Brown, H., Best, K., & Hesketh, K. D. (2017). Effect of classroom-based physical activity interventions on academic and physical activity outcomes: a systematic review and meta-analysis. *The International Journal of Behavioral Nutrition and Physical Activity*. Retrieved from <http://doi.org/10.1186/s12966-017-0569-9>