



# Physically active students **Do Better in School**

**Daily physical activity and physical education (PE) improve academic achievement. They also improve attention span, classroom behavior and attendance.<sup>1</sup>**

## **Physically fit students do better on tests.**

- ✓ Students with higher scores on NYC fitness assessments had higher New York State Math and English test scores, across all racial and ethnic groups.<sup>2</sup>
- ✓ Students whose fitness scores decreased significantly also saw a significant decrease in academic test scores.<sup>3</sup>
- ✓ The relationship between fitness and academic test scores was strongest for students in high-poverty neighborhoods.<sup>3</sup>

## **Active students have more active brains.<sup>4</sup>**

- ✓ Students tested better in reading, spelling and math *after* physical activity.
- ✓ Students who participated in an afterschool physical activity program showed improved recall.

## **Active students experience lifelong benefits.**

- ✓ Students are more likely to go to college.<sup>5</sup>
- ✓ Students are less likely to smoke or become pregnant as teenagers.<sup>6,7</sup>
- ✓ Students have a reduced risk of heart disease, stroke, cancer and diabetes.<sup>8</sup>
- ✓ Students are likely to earn 7 to 8 percent more in wages throughout their lives.<sup>9</sup>

<sup>1</sup> Rasberry CN, Lee SM, Robin L, et al. The association between school-based physical activity, including physical education, and academic performance: A systematic review of the literature. *Preventive Medicine* 2011;52.

<sup>2</sup> Egger JR, Konty KJ, Bartley KF, Benson L, Bellino D, Kerker B. Childhood obesity is a serious concern in New York City: Higher levels of fitness associated with better academic performance. *NYC Vital Signs* 2009, 8(1): 1-4.

<sup>3</sup> Bezold CP, Konty KJ, Day SE, et al. The effects of changes in physical fitness on academic performance among New York City youth. *Journal of Adolescent Health* 2014;55(6):774-781.

<sup>4</sup> Active Living Research. Active education: growing evidence on physical activity and academic performance. January 2015. [http://activelivingresearch.org/sites/default/files/ALR\\_Brief\\_ActiveEducation\\_Jan2015.pdf](http://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Jan2015.pdf).

<sup>5</sup> Lleras C. Do skills and behaviors in high school matter? The contribution of noncognitive factors in explaining differences in educational attainment and earnings. *Social Science Research* 2008;37(3):888-902.

<sup>6</sup> Staurowsky EJ. *Her Life Depends on It II: Sport, Physical Activity and the Health and Well-Being of American Girls and Women*. East Meadow, NY: Women's Sports Foundation; 2009.

<sup>7</sup> Escobedo LG, Marcus SE, Holtzman D, Giovino GA. Sports participation, age at smoking initiation, and the risk of smoking among US high school students. *JAMA: The Journal of the American Medical Association* 1993;269(11):1391-1395.

<sup>8</sup> U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. United States Department of Health and Human Services, 2008. <http://health.gov/paguidelines/guidelines/>

<sup>9</sup> Stevenson B. Beyond the Classroom: Using Title IX to Measure the Return to High School Sports. *Review of Economics and Statistics* 2010;92(2):284-301.

# Support 60 Minutes of Daily Physical Activity at Your School



Classroom Physical Activity Breaks

Daily Physical Education



Active Transportation



Daily Active Recess

Before- and After-School Physical Activity

