

Is There Time for Physical Activity in Schools?

YES! Research Shows ...

- Increases in physical education time concomitant with reductions in academic instruction time have favorable effects on students' academic achievement.
- Students have better grades and attendance when health needs are met.
- Investing in children's physical health needs promotes learning over the school years and has profound effects on school readiness and early learning. California Department of Education Report 2005



- The mean scale scores on the 2004 *California Standards Test* in English–Language Arts and Mathematics increased by the number of fitness standards achieved. The physical fitness test measured six aspects of fitness: aerobic capacity, body composition, abdominal strength, trunk strength, upper body strength, and flexibility.
- A reduction of 240 minutes per week in class time for academics to enable increased physical activity led to consistently higher mathematics scores. Academic achievement improves even when the physical education reduces the time for academics. (NASPE, Executive Summary, *Shape of the Nation 2001*; Shephard, R.J., et.al. Required physical activity and academic grades: a controlled longitudinal study. Limarinen and Valimaki, 1984.)

Guidelines for Schools

Physical Education recommended time:

Grades 1, 2, 3: 105 minutes per wk for Physical Education & Health Education

Grades 4, 5, 6: 75 minimum min. per week

Grades 6, 7, 8: 100 minimum min. per week

High School: 2 credits – PE I & II

The governing body of each school corporation shall provide daily physical activity for students in elementary school. The physical activity must be consistent with the curriculum and programs developed under Indiana Code 20-19-3-6 and may include the use of recess.

... *Indiana Code 20-30-5-7.5*

Next Steps

- *Prevention, not treatment of obesity, is the goal of school interventions.*
- Students who have recess before lunch eat more of their lunch and return to the classroom better prepared to focus on learning.
- Provide structured activities during recess
- Educate the **whole child** to ensure that academic, physical, and emotional needs are met
- Don't substitute physical education class with recess
- Utilize the Physical Education Curriculum Analysis Tool (PECAT) for evaluating and updating the Phys. Ed. Curriculum
- Implement research-based curricula and assessments into the Phys. Ed. Program



The Indiana School Health Network believes that every student in Indiana can be healthy and academically successful, achieve his/her potential, and have enhanced life-long well-being. For more information or to join the Network, visit the website at <http://ckfindiana.org/news/ckf-in/ISHN>.