

## PHYSICALLY ACTIVE KIDS ARE BETTER LEARNERS



1. The California Department of Education (2002) conducted a study in which fitness scores were compared to academic achievement scores on standardized tests. Higher achievement on the academic tests was associated with higher levels of fitness at all three of the grade levels tested – grades five, seven, and nine. The Department of Education concluded that the study provided “compelling evidence that the physical well-being of students has a direct impact on their ability to achieve academically”.
2. Mental focus and concentration levels in young children improve significantly after engaging in structured physical activity. (Jensen, 2000. Learning with the body in mind. San Diego, CA: The Brain Store).
3. Engaging in vigorous aerobic exercise improves short-term memory, creativity, and reaction time. (Jensen, 2000).
4. Children who engage in daily physical education show superior motor fitness, academic performance and attitude toward school as compared to their counterparts who do not have physical education. (Jensen, 2000).
5. “Movement facilitates cognition”. Sylvester, Robert. (1995). *A Celebration of Neurons and Biological Brain in a Cultural Classroom*.
6. Research subjects who were the most aerobically fit had the fastest cognitive Responses. (Blaydes, Jean, 2001. *Advocacy: A Case for Daily, Quality, Physical Education*. Journal of Teaching Elementary Physical Education).
7. Participation in structured, frequent physical activity aids in the development of learning strategies, decision making, problem solving, and memory function. Seefeldt & Vogel, (1986). The Value of Physical Activity. AAHPERD: Reston, VA.
8. “It is helpful to think of the brain as a muscle. One of the best ways to maximize the brain is through exercise, movement. Everybody feels better after exercise. There is a reason for it”. Dr. John J. Ratey, Harvard Medical School.

## **KIDS ARE HEALTHIER WHEN THEY PARTICIPATE IN DAILY STRUCTURED PHYSICAL ACTIVITY**

1. The “New Physical Education” gives students the knowledge, training, and Experiences they need to keep themselves fit for their entire lives. Physical Education teachers are “on the front lines in the battle against childhood obesity. “Getting Physical”. Newsweek, Feb. 3, 2003, pg. 46.
2. The Center for Disease Control and the President’s Council on Physical Fitness State in Healthy People 2010 that individuals improve health, fitness, and quality of life through daily physical activity.
3. “Young people are at particular risk for becoming sedentary as they grow older. Therefore, encouraging moderate and vigorous physical activity among youth is important. Because children spend most of their time in school, the type and amount of physical activity encouraged in schools are important components of a fitness program and a healthy lifestyle. “ (Healthy People 2010).
4. Reinforcement of sedentary behavior when children are young results in sedentary choices as those children grow into adults. (Epstein, L. 1998, *Integrating Theoretical Approaches to Promote Physical Activity*, American Journal of Preventive Medicine, 15, 4).
5. “Children today have a shorter life expectancy than their parents for the first time in 100 years because of the epidemic of obesity”. Dr. William Klish, Professor of Pediatrics and Head of Pediatric Gastroenterology at Baylor College of Medicine.
6. Increase in physical activity from 3 to 5 days per week in at-risk kids resulted in the following statistics: (Collingwood, 2000)
  - 20 percent improvement in fitness
  - 20 percent improvement in self esteem
  - 20 percent improvement in school attendance
  - 20 percent improvement in grades
  - 50 percent reduction in smoking
  - 50 percent reduction in drug and alcohol abuse
7. Seefeldt & Vogel (1986) report that frequent participation in structured physical activity:
  - a. Fortifies the skeleton, maintains and promotes lean body tissue growth, and reduces fatty deposits.
  - b. Regulates obesity via energy expenditure, metabolic rate, and appetite suppression.
  - c. Improves cardiovascular function.
  - d. Improves aerobic fitness, muscular endurance, muscular power, and muscular strength.