

## Academic performance Improvement

- Class grades
- Standardized tests
- Graduation rates

## Education behavior Improvement

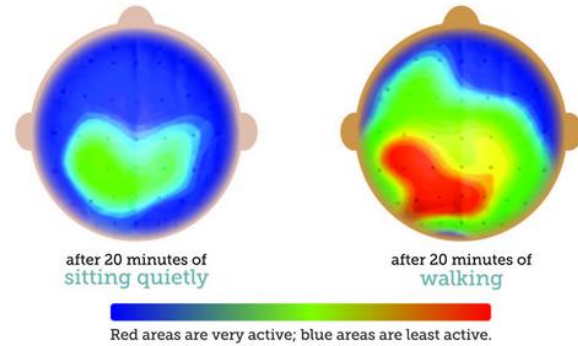
- Attendance
- Dropout rates
- Behavioral problems at school

## Students' cognitive skills and attitudes Improvement

- Concentration
- Memory
- Mood

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

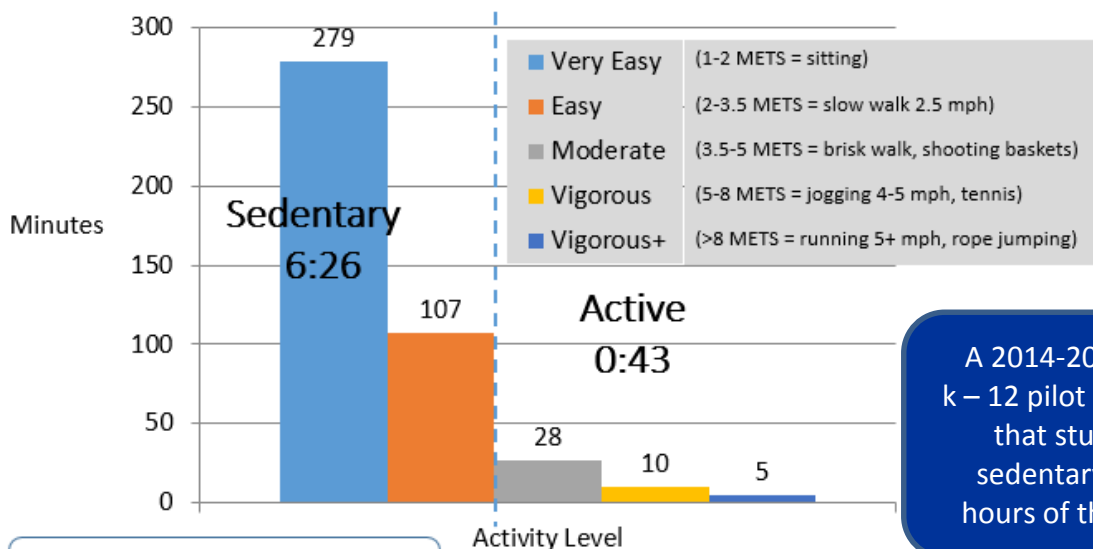


Centers of Disease Control: 2014 Health and Academic Achievement Report based on their review of 50 separate studies

**Recommendation: Students should get at least 60 minutes of physical activity per day.**  
(Centers of Disease Control and Prevention & The American Academy of Pediatrics)

## Active Schools Core 4+ Strategies

1. **Active Physical Education** – Students are active the majority of class.
  2. **Active Classrooms** – Regular classrooms have routine, active brain breaks.
  3. **Active Recess / Open Gym** – Students have structured activity time.
  4. **Active Before and After School** – Facilities are available for all students.
- + **Family and Community Physical Activity** – Students have opportunities to be active outside of school.



A 2014-2015 Wisconsin k-12 pilot study indicated that students were sedentary for over six hours of the school day.

**A Lot of Sedentary Time**

For more information visit <http://dpi.wi.gov/sspw/physical-education>