Active Students are Better Learners

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

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.

Wisconsin study indicated students were sedentary for over six hours of the school day.

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