A Comprehensive School Physical Activity Program is the best way for schools to ensure that students get enough physical activity to positively affect their health and academic performance. Components include:

- Quality physical education
- Physical activity integrated into classroom learning
- Physical activity breaks
- Active Recess
- Before- and after-school programs
- Intramural sports
- Interscholastic sports
- Walk– and bike-to-school programs

HOW ACTIVE IS YOUR SCHOOL?

1. How many times a week do students in your school participate in Physical Education?
   - □ 5 days a week - Super Active School
   - □ 2 days a week - Active School
   - □ 1 day a week - Less Active School

2. Are students in physical education class active for more than half the class time?
   - □ Yes - Super Active School
   - □ No - Less Active School

3. Does your school have an environment that is appropriate for quality physical education classes (with respect to size, equitable space, sufficient equipment, use of technology, safety and cleanliness)?
   - □ Yes - Super Active School
   - □ No - Less Active School

4. Our school has active recess:
   - □ Every day (20 minutes or more daily) - Super Active School
   - □ Occasionally or less than 20 minutes per day - Active School

5. Daily physical activity breaks are provided in the classroom or throughout the school day:
   - □ 5 days a week, twice a day - Super Active School
   - □ 3 days a week, twice a day - Active School
   - □ 1 day a week, twice a day - Less Active School

Physical Activity Guidelines for Children and Adolescents 6-17

1 hour (60 minutes) or more of physical activity every day. Most of the 60 minutes should be either moderate- or vigorous-intensity aerobic physical activity.
New Jersey Policies

- Students in grades 1-12 are required to participate in 150 minutes per week of Health, Safety and Physical Education.
- High school students must take 3 3/4 credits per year of health and physical education in order to graduate.
- NJ World Class Standards that include Comprehensive Health and Physical Education [https://www13.state.nj.us/NJCCCS/Worldclassstandards.aspx](https://www13.state.nj.us/NJCCCS/Worldclassstandards.aspx)
- Schools are required to have wellness policies that include physical activity.

The POSITIVE Impact of School-Based Physical Education and Physical Activity on Academic Performance

Centers for Disease Control and Prevention (CDC) Review of Research Findings

- 50 studies were reviewed
- A total of 251 associations between physical activity and academic performance were tested.
- More than half (50.5%) of all associations tested were positive.
- Only 4 (1.5%) of all associations were negative.

<table>
<thead>
<tr>
<th>Types of Studies Reviewed</th>
<th>Positive Associations Correlated to...</th>
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</thead>
<tbody>
<tr>
<td>Physical Education</td>
<td>Attention/concentration/achievement test scores</td>
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<tr>
<td>Recess</td>
<td>Attention/concentration/on-task behavior</td>
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<tr>
<td>Classroom Physical Activity</td>
<td>Attention/classroom behavior/conduct/achievement on test scores</td>
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<tr>
<td>Extracurricular Physical Activity</td>
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The bottom line: Substantial evidence suggests that physical activity can be associated with improved academic achievement, including grades and standardized test scores.


Physical Activity can positively affect:

- Blood flow and oxygen to the brain, thereby improving mental clarity.
- The part of the brain responsible for learning and memory.
- Connections between nerves in the brain, thereby improving attention and information processing skills.

Physical Activity Also:

- Builds strong bones and muscles.
- Decreases the likelihood of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease.
- Promotes positive mental health and can reduce anxiety and depression.
- Positively affects classroom behavior and can help youth improve their concentration and memory.

Physical Activity and Physical Education Resources

- [www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)
- [http://www.state.nj.us/education/students/safety/health/](http://www.state.nj.us/education/students/safety/health/)
- [www.njahperd.org](http://www.njahperd.org)
- [www.aahperd.org/naspe](http://www.aahperd.org/naspe)
- [www.LetsMove.gov](http://www.LetsMove.gov)
- [www.healthiergeneration.org](http://www.healthiergeneration.org)
- [www.health.gov/paguidelines](http://www.health.gov/paguidelines)