

## Promoting activity-friendly communities.

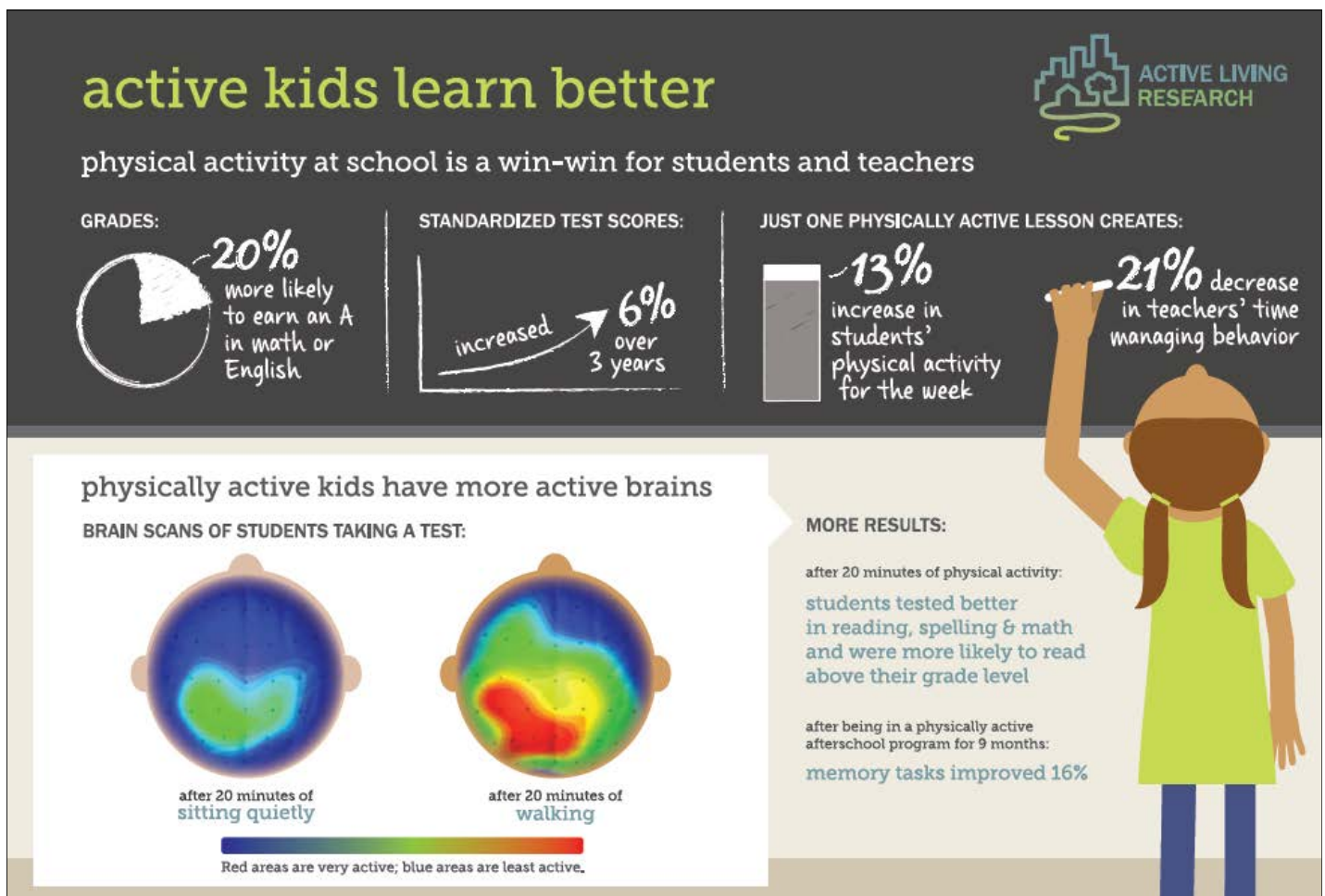
activelivingresearch.org  
University of California, San Diego



## Moving more at school — Increasing physical activity before, during and after school

Schools play a critical role in helping children lead active, healthy lives. Physical education (PE) classes, recess, after-school programs, and walking or biking to school all have the potential to get kids moving. Research shows that kids who move more aren't just healthier, they also tend to do better academically, behave better in class and miss fewer days of school. Unfortunately, our nation's schools do not offer enough opportunities for children to be active—and many are even cutting back on existing programs.

The resources below present the best evidence available about a variety of school-based strategies for promoting physical activity. They highlight health and policy implications to make changes that will help children be active before, during and after school.



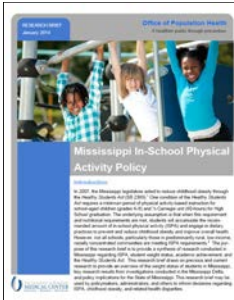
Infographic illustrating the role regular school physical activity can play on academic performance and the developing brain. [activelivingresearch.org/activeeducationinfographic](http://activelivingresearch.org/activeeducationinfographic)



## Active Education: Growing Evidence on Physical Activity and Academic Performance (January 2015)

This brief reviews evidence that examines how physical activity and fitness may help school-aged children maximize their academic performance, and provides an overview of the effects of physical activity on the developing brain. An infographic illustrating the main findings from this review is also available.

[activelivingresearch.org/activeeducationbrief](http://activelivingresearch.org/activeeducationbrief)



## Mississippi In-School Physical Activity Policy (January 2014)

This research brief provides a synthesis of research conducted in Mississippi regarding in-school physical activity, student weight status, academic achievement, and the *Healthy Students Act* (SB 2369). Policy implications for the State of Mississippi are identified. Produced by the University of Mississippi Medical Center and Kent State University.

[activelivingresearch.org/mississippi-school-physical-activity-policy](http://activelivingresearch.org/mississippi-school-physical-activity-policy)



## Do Short Physical Activity Breaks in Classrooms Work? (February 2013)

This brief summarizes the research on how programs that provide classroom physical activity breaks impact physical activity, academic performance, health and related factors in children. This brief focuses on activity breaks held in the classroom and does not include activities during PE or recess.

[activelivingresearch.org/activitybreaks](http://activelivingresearch.org/activitybreaks)



## Policies and Standards for Promoting Physical Activity in After-School Programs (May 2012)

Research on how school policies can help after-school programs more effectively promote physical activity and prevent obesity among children. An abbreviated fact sheet is also available that highlights the research brief's main findings.

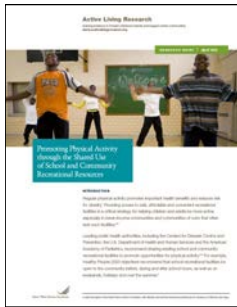
[activelivingresearch.org/afterschool](http://activelivingresearch.org/afterschool)



## When School Districts Fail to Comply with State Physical Education Laws, the Fitness of California's Children Lag (December 2013)

This policy brief summarizes findings from a study of California fifth-graders showing compliance levels with California's physical education mandates, student physical fitness levels, and makes recommendations for how we can increase physical education participation in all schools.

[activelivingresearch.org/when-school-districts-fail-comply-state-physical-education-laws-fitness-californias-children-lags](http://activelivingresearch.org/when-school-districts-fail-comply-state-physical-education-laws-fitness-californias-children-lags)



### **Promoting Physical Activity through the Shared Use of School and Community Recreational Resources (April 2012)**

This brief summarizes research on community access to school sport and recreation facilities outside of school hours, as well as studies that examine the shared use of school facilities and programs with other community groups or agencies. It describes challenges commonly associated with the shared use of recreational facilities and opportunities for policy-makers at the state and local level.

[activelivingresearch.org/promoting-physical-activity-through-shared-use-school-and-community-recreational-resources](http://activelivingresearch.org/promoting-physical-activity-through-shared-use-school-and-community-recreational-resources)



### **Increasing Physical Activity through Recess (January 2012)**

This research brief summarizes the growing body of research that shows providing recess during the school day is an effective and efficient way to increase physical activity and improve academic performance among children.

[activelivingresearch.org/recess](http://activelivingresearch.org/recess)



### **School Policies on Physical Education and Physical Activity (October 2011)**

This synthesis summarizes the wealth of peer-reviewed literature on physical activity in and out of school. Policy implications and areas where additional research is needed are also included. Two abbreviated fact sheets are available that highlight the research focused on outside of school time and during the school day.

[activelivingresearch.org/schoolpolicy](http://activelivingresearch.org/schoolpolicy)



### **The Potential of Safe, Secure and Accessible Playgrounds to Increase Children's Physical Activity (February 2011)**

Along with neighborhood sidewalks and bike paths, routes to and from school, and physical education and recess in school, playgrounds play an important role in supporting physical activity for younger children. This brief summarizes research on playgrounds and how playgrounds impact physical activity among children.

[activelivingresearch.org/potential-safe-secure-and-accessible-playgrounds-increase-childrens-physical-activity](http://activelivingresearch.org/potential-safe-secure-and-accessible-playgrounds-increase-childrens-physical-activity)



### **Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity? (October 2011)**

This synthesis reviews studies identifying opportunities to promote a healthy diet and regular physical activity among preschool children. It also examines outcomes of research interventions designed to prevent obesity in child-care settings.

[activelivingresearch.org/preventing-obesity-among-preschool-children-how-can-child-care-settings-promote-healthy-eating-and](http://activelivingresearch.org/preventing-obesity-among-preschool-children-how-can-child-care-settings-promote-healthy-eating-and)



## Active Education: Physical Education, Physical Activity and Academic Performance (June 2009)

Research that shows children who are physically active and fit tend to perform better in the classroom and that daily PE does not hurt academic performance. An abbreviated fact sheet is also available that highlights the research brief's main findings. A January 2015 research brief updates the evidence provided in this brief.

[activelivingresearch.org/activeeducation](http://activelivingresearch.org/activeeducation)

## Additional Infographics



Infographic illustrating the role of schools in promoting physical activity.

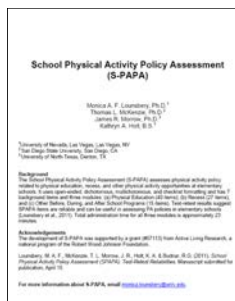
[activelivingresearch.org/schoolsinfographic](http://activelivingresearch.org/schoolsinfographic)



Infographic highlighting five evidence-based options for getting kids more active.

[activelivingresearch.org/getkidsactiveinfographic](http://activelivingresearch.org/getkidsactiveinfographic)

## Additional Resources



### School Physical Activity Policy Assessment (S-PAPA)

This open-ended measurement tool assesses physical activity policies related to PE, recess, and other physical activity opportunities before, during, and after school at elementary schools.

[activelivingresearch.org/node/12503](http://activelivingresearch.org/node/12503)



### System for Observing Fitness Instruction Time (SOFIT)

This observation measurement tool assesses PE classes by simultaneously collecting data on student activity levels, the lesson context and teacher behavior. The system enables users to make judgments about PE lessons, particularly as they relate to program goals.

[activelivingresearch.org/node/11944](http://activelivingresearch.org/node/11944)

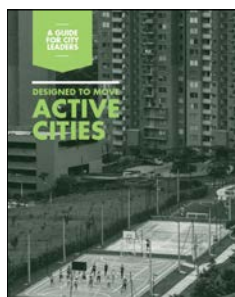


### Making the Most of Physical Education

A video designed for school officials, teachers, parents and others interested in quality PE. Abbreviated research findings inform viewers about characteristics of quality PE and barriers to its delivery and the relationship between PE and academic achievement. Available in English and Spanish.

[activelivingresearch.org/node/12649](http://activelivingresearch.org/node/12649)

## Cross-Cutting Topics



### Designed to Move: Active Cities (June 2015)

This report is a blueprint for city leaders to create an active city. It provides proven interventions in the parks, urban design, transportation, schools and workplace settings where leaders can focus investments. The Active Cities report features an extensive literature review that Active Living Research conducted to understand the co-benefits of activity-friendly environments on physical and mental health, social benefits, safety/injury prevention, environmental sustainability, and economics.

[designedtomove.org/resources/active-cities](http://designedtomove.org/resources/active-cities)



### Impact of Safe Routes to School Programs on Walking and Biking (May 2015)

This review highlights findings from studies conducted in several states and cities that have examined walking or biking rates, safety, and economic issues associated with Safe Routes to School programs. An infographic illustrating the main findings from this review is also available.

[activelivingresearch.org/SRTSreview](http://activelivingresearch.org/SRTSreview)



### Does Summertime Weight Gain Undermine Youth Obesity Prevention Efforts? (May 2015)

For many children, summer vacation is a three-month hiatus from the daily responsibilities and scheduled demands they experience during the nine-month school year. This brief synthesizes what is known about summer weight gain, and how physical activity and diet during the summer may contribute.

[activelivingresearch.org/does-summertime-weight-gain-undermine-youth-obesity-prevention-efforts](http://activelivingresearch.org/does-summertime-weight-gain-undermine-youth-obesity-prevention-efforts)



### Sedentary Behaviors and Youth: Current Trends and the Impact on Health (January 2014)

This review examines trends in sedentary behaviors among youth and their impact on obesity. It also explores differences in the prevalence of sedentary behaviors based on age, gender, race, ethnicity and socio-economic status. Policy implications and future research needs are identified. An infographic illustrating the main findings from this review is also available.

[activelivingresearch.org/sedentaryreview](http://activelivingresearch.org/sedentaryreview)



### Do All Children Have Places to Be Active? Disparities in Access to Physical Activity Environments in Racial and Ethnic Minority and Lower-Income Communities (November 2011)

This synthesis summarizes the growing body of evidence indicating that racial and ethnic minority, and lower-income, communities do not provide as many built and social environmental supports for physical activity. Research on racial, ethnic, and economic disparities in obesity and physical activity rates among children is also summarized. An infographic illustrating the main findings from this review is also available.

[activelivingresearch.org/disparities](http://activelivingresearch.org/disparities)

Visit the Active Living Research website for these resources and more information about schools and physical activity: [activelivingresearch.org/taxonomy/schools](http://activelivingresearch.org/taxonomy/schools).

Active Living Research, a program of the Robert Wood Johnson Foundation, stimulates and supports research to identify environmental factors and policies that influence physical activity for children and families to inform effective childhood obesity prevention strategies, particularly in low-income and racial/ethnic communities at highest risk. Active Living Research wants solid research to be part of the public debate about active living.

Active Living Research can help you create active communities.

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LinedIn: company/active-living-research

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