

Can School-Based Physical Activity Improve Academic Performance?

- YES – physical activity can improve academic achievement, including grades and standardized test scores*
- Results of a CDC review of 50 research studies* suggest that physical activity (in PE class or in the classroom) has a positive impact on cognitive skills, attitudes, and academic behavior
 - improved academic performance
- Brain research shows that when PA and fitness so does executive function
 - [planning, working memory, attention, problem solving, verbal reasoning, inhibition, mental flexibility, multi-tasking, and initiation and monitoring of actions]

Reference

**The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance.* U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health. Print Version – July 2010 http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf