

Movement and Learning

Want to effect cognition, attitude, academics,
test scores and behavior in school children?

Move during the school day

Research has shown a positive
association between 5-20 minute
movement breaks in the classroom and
cognitive skills, academic achievement,
test scores, attitude and behavior.

For Real?

Yes, the Center for Disease
Control and Prevention
published a research review
of 9 studies indicating the
positive benefits of being
physically active in the
classroom.



**Positive Benefits of Physical
Activity on the Brain**

