

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

1

Cognitive skills including executive functioning, attention, memory and verbal comprehension

3

Attitude changes in motivation and self concept

2

Academic achievements on test scores

4

Academic behaviors such as on task behaviors, organization, motor planning and impulse control

CONCLUSION

Get up and get learning!!!!

Visit www.YourTherapySource.com for ideas to incorporate physical activity throughout the school day.

Reference: Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S.