PHYSICAL ACTIVITY BREAKS DURING CLASSROOM INSTRUCTION

EFFECTS OF PHYSICAL ACTIVITY

COGNITION

Children participating in Physical Activity Across the Curriculum showed greater improvement in (6):

- composite,
- reading,
- math, and
- spelling scores compared to control schools

Integrate movement into lessons

See ideas on next page!

ATTENTION

Students participating in physically active breaks showed:

- Fewer off-task or inattentive behaviors (1)
- Fewer instances of lack of effort or giving up easily (1)
- Overall improvement in on-task behavior by 8-11% (4, 5, 7)
- Most off-task students improved 20% (4)

EFFECTS OF BREAKS

MOOD

Mood improved for students throughout the day with activity breaks (3)

Mood was even higher as breaks became routine (3)

ENJOYMENT

Enjoyment is generally higher after physically active versus a sedentary breaks (3)

DURING INSTRUCTION

During the InPACT (Interrupting Prolonged Sitting with Activity) (2) study,

99%
of students returned to ready for instruction within 30 seconds

Fastest transition time

2 seconds

Keep it short! No more than 10 minutes. Age appropriate. Routines will be even more effective.

*These studies were all conducted in physical classrooms. Below are ideas and resources for adapting these principles to remote learning.
RESOURCES

Ideas to integrate movement into

LIVE REMOTE LEARNING

- Visual answers to questions - e.g.
  - Exercise repetitions for math answer
  - Polling - stand for "yes", sit on the floor for "no"
  - Imitate the answer (e.g. animal)
  - Charades game to show understanding of topic
- Scavenger hunt
- Discussion while stretching
- Show and tell ways of being physically active and classmates try if appropriate
- Change position at time intervals

Ideas to integrate movement into

BREAKS

- Follow the leader dance party
- Scavenger hunt
- Calm Classroom
- GoNoodle
- Open Phys Ed
- Playworks
- Cosmic Kids

Links for in-person classroom physical activity breaks

many ideas which may translate to remote learning

- Energizers
- Take 10 introduction video
- Take 10 example activity video
- InPACT (Interrupting Prolonged Sitting with Activity) overview
- Instant Recess overview

REFERENCES

(6) Physical Activity Across the Curriculum (PAAC): a randomized controlled trial to promote physical activity and diminish overweight and obesity in elementary school children