



# 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!

**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)

**GOOD HABITS**

## 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

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