



MAJOR STEPS

THAT WOULD FOSTER

PHYSICALLY ACTIVE STUDENTS

60 Children need minutes of physical activity per day...

BUT the majority of states do not require schools to provide students with sufficient opportunities to move.

2 ONLY 2 states, Mississippi and North Carolina, require schools to give classroom-based physical activity breaks.

14 ONLY 14 states mandate schools to provide opportunities for physical activity outside of physical education class.

11 ONLY 11 states prohibit the practice... of withholding physical activity such as recess as a form of punishment and prohibit the use of physical activity as punishment for inappropriate behaviors.

9 ONLY 9 states say recess is a must... and require elementary schools to provide it. Kansas, Missouri, and Wisconsin specify a minimum amount of time required for daily recess.

WHY is physical activity so important?

Physical activity is CRITICAL for better health...

- It curbs childhood obesity,
- improves blood flow and mental clarity,
- promotes strong bones,
- and creates healthy habits for a lifetime.

Physical activity also positively impacts academic achievement...

- It improves attention and concentration,
- classroom behavior,
- attachment to school,
- graduation rates and GPA,
- and educational aspirations.

★ ★ ★ ★ TAKE ACTION ★ ★ ★ ★

State Leaders
Mandate recess and classroom-based physical activity breaks, and hold school districts accountable for state law!

Parents
Learn what activities are available at your child's school and encourage new opportunities for physical activity before, during, and after school!

Everyone
Model a physically active and healthy lifestyle!



Be a physical activity champion in your school. Visit www.letsmoveschools.org! www.naspeinfo.org/shapeofthenation Hashtag: #shapeofthenation

