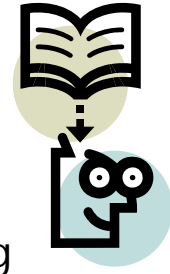




Physical Activity Improves Learning



The following studies highlight the positive association between physical activity and learning among students. These research statements can be a great addition to a school newsletter to highlight the benefits of physical activity to your school community!

- ✓ Studies demonstrate the positive effects that daily physical activity has on student performance and academic achievement in terms of memory, observation, problem-solving and decision-making, as well as significant improvements in attitudes, discipline, behaviours and creativity.

Ontario Physical and Health Education Association (OPHEA). [Facts and Stats: Physical Activity and Children/Youth](#). Online: [accessed October 24, 2005].

- ✓ Research shows that those involved in physical activity tend to come to class ready to learn, have improved concentration, and have improved overall academic performance.

Byl, J. (2002). *Intramural Recreation: A Step-by-Step Guide to Creating an Effective Program*. Champaign, Illinois: Human Kinetics.

- ✓ If students are given the opportunity to make decisions about the activities they participate in then they are more likely to have higher levels of academic achievement, perceived competence, positive affect, self-esteem, conceptual understanding, flexibility in thinking, active information processing, and creativity.

Reeve, J. (2002). Self-determination theory applied to educational settings. In E. L. Deci & R. M. Ryan (Eds.). *Handbook of self-determination research* (pp.183 - 203). Rochester, NY: University of Rochester Press.

- ✓ Fun physical activity decreases anxiety and depression and enhances participant feelings of well being.”

Byl, J. (2002). *Intramural Recreation: A Step-by-Step Guide to Creating an Effective Program*. Champaign, Illinois: Human Kinetics.

- ✓ In children, physical activity has been shown to increase self-esteem, better enabling them to handle mental and emotional stress and attain higher academic achievement.

College of Family Physicians of Canada (2004). [Canadians Need to Get a Move On!](#) Online: [accessed November 15, 2005].