



Physical Activity

Physical activity has been shown to help boost academic performance, improve classroom behavior and strengthen cognitive skills and attitudes. Opportunities for [physical activity](#) occur before and after school, during the school day, and in physical education classes. Schools that take advantage of these opportunities and who engage staff, families and the community can help their students meet the nationally-recommended 60 minutes of physical activity each day and help them develop the knowledge, skills and confidence to be physically active for a lifetime.

Source: Centers for Disease Control and Prevention. Health and Academic Achievement Overview. Atlanta, GA: U.S. Department of Health and Human Services; 2014.

150 minutes of physical education per week

- [Strategies to Improve the Quality of Physical Education](#)
- [National Physical Education Standards](#)
- [Louisiana Physical Education Standards](#)
- [OPEN – Online Physical Education Network](#)

Students active at least 50% during physical education class

- [Increasing Moderate to Vigorous Physical Activity](#)

Certified Physical Education Teachers

- [The Importance of Certified Physical Education Teachers](#)

Classroom Physical Activity Energizers

- [GoNoodle Activities](#)
- [Strategies for Classroom Physical Activity](#)
- [Integrate Classroom Physical Activity in Schools: A Guide for Putting Strategies into Practice](#)
- [Brain Breaks that Will Help Your Students Refocus](#)
- [Physical Activity Ideas for Secondary Students](#)

20 minutes of recess daily

- [Video: What is Active Recess?](#)
- [Recess Best Practices](#)
- [Game Guide](#)
- [Increasing Physical Activity through Recess](#)
- [Supporting Recess in Elementary Schools](#)
- [Guide for Recess Policy](#)
- [Video: Painted Playspaces—Eat Move Grow](#)
- [CDC Healthy Schools](#)

Before- and after-school physical activity opportunities

- [Best Practices for Physical Activity Before and After School](#)



- [Afterschool Programs Promoting Healthy Eating and Physical Activity](#)
- [Video: Physical Activity Before School—Raintree Elementary School](#)
- [Painted Playgrounds Toolkit](#)

Physical Activity Recommendations—School-Aged Children and Adolescents

- It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily—including aerobic, muscle-strengthening, and bone-strengthening activities.
- Click [here](#) for more information on the physical activity guidelines