

# Physical Activity and Academic Achievement

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Giving students more opportunities to be physically active in school *can* help them be better learners.

Students perform and behave better in school when they participate in P.E. class, spend time in recess, are given brief classroom activity breaks, and participate in extracurricular physical activities. These opportunities help students achieve some or all of the recommended 60 minutes a day of physical activity.

Making time in the school day for physical education does not harm achievement test scores for math, reading, or language arts, and does not negatively affect grade-point average.

Encourage leaders in your schools to support comprehensive school physical activity programs.

Additionally, you can....

- Participate in school or district health or wellness councils.
- Reinforce messages about physical activity in the home and community environment.

To learn more, go to [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*