

PHYSICAL ACTIVITY AND ACADEMIC ACHIEVEMENT

AA Academic achievement **PA** Physical activity

1. CONTEXT

PA



PA benefits
physical, mental and musculoskeletal health



Only 1 in 3 European adolescents meet PA recommendations



European children spend **two-thirds of their school time** in sedentary activities



European children spend only **~5% of their school time** in moderate-to-vigorous PA

AA



AA is commonly measured by **grades and test scores**

2. PRINCIPAL FINDINGS

Types of PA that improve AA

- Increased time in physical education
- Active classrooms
- Regular PA during the week

PA and subject-specific AA effects

Large effects on **Language**

Large effects on **Geography**

Medium effects on **Mathematics**

Medium effects on **Reading**

Medium effects on **Spelling**

3. IMPLICATIONS FOR PRACTICE

School



- Provide **training** to teachers
- Support teachers to **adopt innovative strategies**
- Create appropriate **spaces, materials and resources**
- Develop partnerships with **community organizations**

Community



- **Create safe environments** for active travel and active play
- Provide diverse opportunities **for sports participation**

Social media



- **Promote local opportunities for PA** provided by community and youth organizations
- Advertise for **available PA opportunities** (by community and youth organizations)