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
- Medium effects on Mathematics
- Large effects on Geography
- 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)