

## The association between school-based physical activity, including physical education, and academic performance

Atlanta, GA: U.S. Department of Health and Human Services, 2010. 84 p. + 3 p.

### Organizations:

Centers for Disease Control and Prevention, CDC

### Description:

There is a growing body of research focused on the association between school-based physical activity, including physical education, and academic performance among school-aged youth. To better understand these connections, this review includes studies from a range of physical activity contexts, including school-based physical education, recess, classroom-based physical activity (outside of physical education and recess), and extracurricular physical activity. The purpose of this report is to synthesize the scientific literature that has examined the association between school-based physical activity, including physical education, and academic performance, including indicators of cognitive skills and attitudes, academic behaviors, and academic achievement.

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