

# PHYSICAL ACTIVITY IN SCHOOL DISTRICT OF PHILADELPHIA ELEMENTARY SCHOOLS

**JAN-JUN 2017**

61 schools participated in a physical activity assessment conducted by the Philadelphia Department of Public Health in collaboration with the School District of Philadelphia

**WHAT WE KNOW**

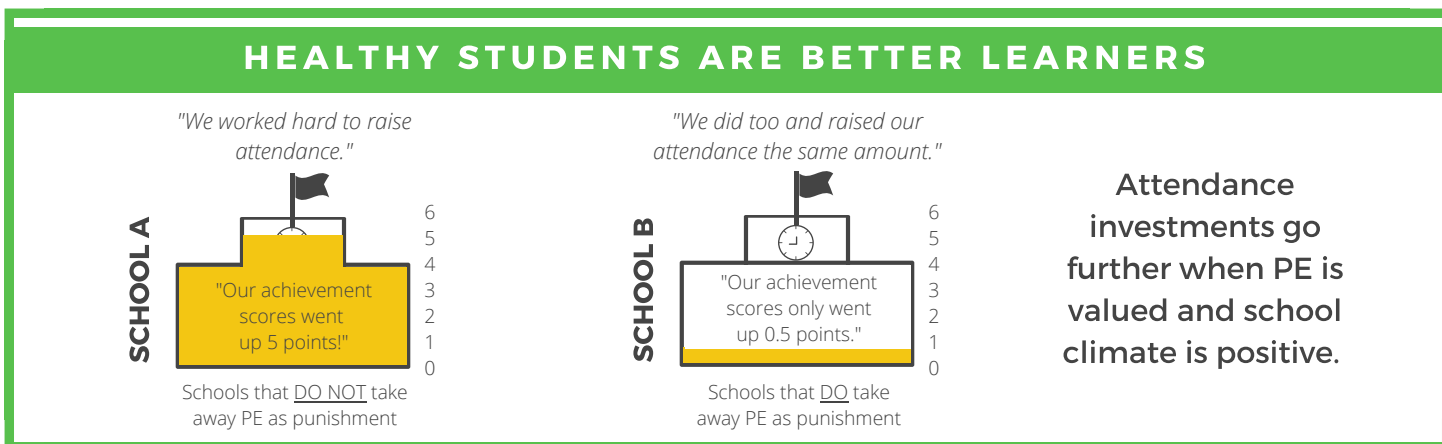
**60**  
minutes/day

of physical activity is recommended for physical, mental and emotional health

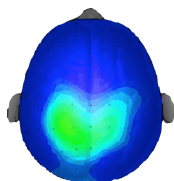
**1 in 4**  
children

meets these physical activity recommendations

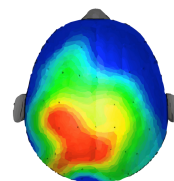
*National data and the results of this assessment show:*



Brain after 20 minutes of **SITTING QUIETLY**



RED AREAS ARE **VERY ACTIVE**  
BLUE AREAS ARE **LEAST ACTIVE**



Brain after 20 minutes of **PHYSICAL ACTIVITY**

Physical activity increases brain activity in children and is associated with improvements in concentration, memory and response accuracy.\*

## PHYSICAL ACTIVITY IS VITAL TO GREAT SCHOOLS

Physical activity doesn't come at the expense of academics. More classroom movement breaks are not associated with any negative impact on School Progress Report achievement scores.

**However, taking away PE as punishment is significantly associated with poorer achievement scores.**

## EXPERIENCED EDUCATORS KNOW THIS

A commonality among schools with great physical activity is a principal who understands its importance.

**Five additional years of experience as a principal increases average moderate to vigorous physical activity by 248 minutes per student per year.**

That's over 2,500 hours per year for the average school.

*150 minutes of weekly physical activity is possible:*

**20% OF PARTICIPATING SCHOOLS MEET OR EXCEED THAT GOAL**

# PHYSICAL ACTIVITY ASSESSMENT

## CURRENT LANDSCAPE ACROSS 61 SCHOOLS



### RECOMMENDED

Moderate to vigorous physical activity during school day:

Minimum of

**150**  
minutes/week

### CURRENT

Moderate to vigorous physical activity in District elementary schools:

Range of

**68 - 210**  
minutes/week

## PHYSICAL EDUCATION



**100%**  
of schools  
have PE

Range: 1-5 days/week

### HOWEVER

**3**

Have grades/  
classes that do  
not receive PE

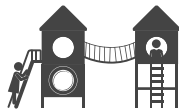
**28%**

Report  
inadequate  
facilities

**55%**

Take PE  
away as  
punishment

## RECESS



**100%**  
of schools  
have scheduled  
recess

Active Time: 8-26 minutes

**57%**

Have  
structured  
recess

**8**

Have more  
than  
1 daily recess

### HOWEVER

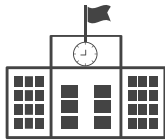
**57%**

Do not  
have active  
indoor recess

**87%**

Take recess  
away as  
punishment

## MOVEMENT BREAKS



**82%**  
of schools  
have them in  
some classrooms

Active Time: 1-15 minutes

**2**

Schools have  
school-wide  
movement  
breaks

**38%**

Increase in  
minutes per 5  
extra years in  
principal role

### HOWEVER

**42%**

Of classrooms  
do not have  
movement  
breaks



## DISTRICT POLICY 145: STUDENT AND STAFF WELLNESS

**28%** of principals are aware of the District Wellness Policy

**If the Wellness Policy were followed, it would ensure more students receive the recommended amount of physical activity during the school day**