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.

**HEALTHY STUDENTS ARE BETTER LEARNERS**

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SCHOOL A
"We worked hard to raise attendance."
"Our achievement scores went up 5 points!"

SCHOOL B
"We did too and raised our attendance the same amount."
"Our achievement scores only went up 0.5 points."
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Attendance investments go further when PE is valued and school climate is positive.

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Schools that DO NOT take away PE as punishment

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.*
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**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.

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

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150 minutes of weekly physical activity is possible:

*Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign*
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

RECESS
- 100% of schools have scheduled recess
  - Active Time: 8-26 minutes

MOVEMENT BREAKS
- 82% of schools have them in some classrooms
  - Active Time: 1-15 minutes

HOWEVER
- 3
  - Have grades/classes that do not receive PE
- 28%
  - Report inadequate facilities
- 55%
  - Take PE away as punishment
- 57%
  - Have structured recess
- 8
  - Have more than 1 daily recess
- 57%
  - Do not have active indoor recess
- 87%
  - Take recess away as punishment
- 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.