

Activate! Increasing Classroom-based Physical Activity in Elementary Schools

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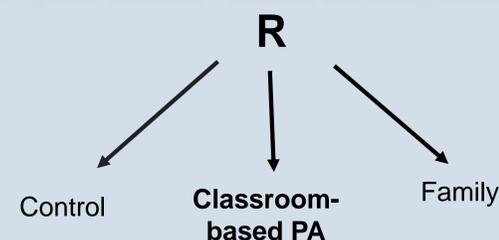
Overview

Background

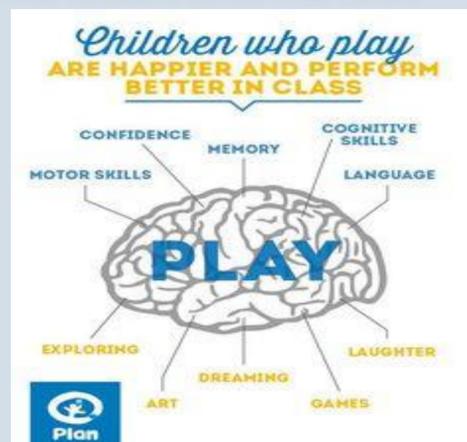
- Physical activity and fitness can benefit children's health and academic performance¹
- Schools are uniquely suited to address both health and academic performance²
- Classroom-based physical activity (PA) - a promising intervention strategy to improve both PA and academic achievement
- Classroom-based PA can provide +19 minutes of PA/day³

Study Aims/Design

- Test the effectiveness of school and family based interventions in increasing PA, fitness and academic achievement in 5th grade students. Schools are being randomly assigned to one of three conditions across three cohorts:



Goal = + 30 minutes/day of PA to existing classroom routines



Classroom-based PA

Intervention Development

- Reviewed > 20 existing programs/interventions/strategies and rated them according to their cost, ease of implementation and research base
- Intervention philosophy - **low cost, low burden** activities that can be easily implemented by classroom teachers
- A menu of activities was developed and included:
 - Brain Boosters (BB):** short bursts of physical activity/movement typically used during lesson transitions and/or to break up long periods of sedentary time
 - Integrated Physical Activity (IPA):** involve physical activity/movement purposefully integrated into an academic lesson to enhance/reinforce learning

Cohort 1 (2015-2016) Baseline Survey

- Assessed 5th grade classroom teachers current PA practices, barriers & perceptions

Training/Support

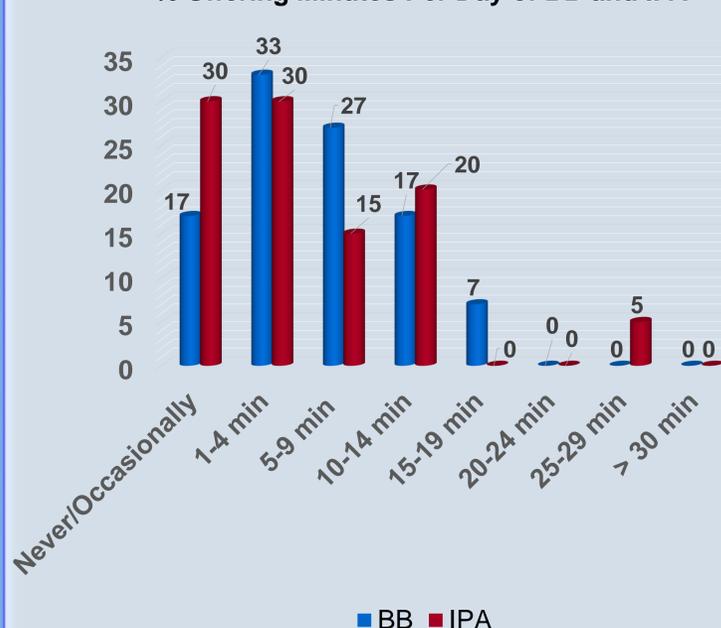
- One day training – very positive evaluations
- Activate! Toolkit (valued at \$100) and activity menu
- Thematic motivational monthly emails

My students will love this!



Initial Findings

% Offering Minutes Per Day of BB and IPA



Barriers To Implementing Classroom-based PA

Barriers	Yes	No
Time	60%	40%
Space	38%	62%
Lack of Student Interest	4%	96%
PA Not Important	-	100%
Lack Training	11%	89%
Lack Resources	29%	71%
PA is PE Teacher's Responsibility	7%	93%
In-class PA Not Necessary	4%	96%
School Support Lacking	-	100%

References

- Active Living Research. (2015). Active Education: Growing Evidence on Physical Activity and Academic Performance. Available at: <http://activelivingresearch.org/ActiveEducationBrief>
- Institute of Medicine. (2013). Educating the Student Body: Taking Physical Activity and Physical Education to School. Available at: <https://iom.nationalacademies.org/Reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School/Report-Brief052313.aspx>
- Bassett, D.R. et al. (2013). Estimated energy expenditures for school-based policies and active living. American Journal of Preventive Medicine, 42(2): 108-113.
- Masse, L. et al. (2013). Physical Activity Implementation in Schools: A 4-Year Follow-Up. American Journal of Preventive Medicine, 43(4):369 –377.