

Research on P.E. & Academic Achievement

Satcher, D. (2005). **Healthy and ready to learn.** *Educational Leadership*, 63(1), 26-30.

"This article focuses on research, which shows that nutrition and physical activity affect student academic achievement. Fewer than 25 percent of children in the U.S. get at least 30 minutes of any kind of daily physical activity and fewer than 30 percent of the U.S. high school students attend physical education class every day."

Castelli, D., Hillman, C., Buck, S., & Erwin, H. (2007). **Physical Fitness and Academic Achievement in Third- and Fifth-Grade Students.** *Journal of Sport & Exercise Psychology*, 29(2), 239-252.

"This study examined 259 public school students in third and fifth grades and found that field tests of physical fitness were positively related to academic achievement. Specifically, aerobic capacity was positively associated with achievement, whereas BMI was inversely related."

Smith, N., & Lounsbury, M. (2009). **Promoting Physical Education: The Link to Academic Achievement.** *JOPERD: The Journal of Physical Education, Recreation & Dance*, 80(1), 39-43.

"This article presents several researches related to the relationship between physical education and academic performance, and the relationship of physical activity to academic achievement. Moreover, researches on the relationship of physical activity and points including the significant relationship of physical fitness and activity to academic achievement, engaging children to physical activity improves their cognitive ability and association of physical and social benefits of physical activity to success in school."

Carlson, S., Fulton, J., Lee, S., Maynard, L., Brown, D., Kohl III, H., et al. (2008). **Physical Education and Academic Achievement in Elementary School: Data From the Early Childhood Longitudinal Study.** *American Journal of Public Health*, 98(4), 721-727.

"This study examined the association between time spent in physical education and academic achievement in a longitudinal study of students in kindergarten through fifth grade. Among girls, higher amounts of physical education may be associated with an academic benefit. Physical education did not appear to negatively affect academic achievement in elementary school students. Concerns about adverse effects on achievement may not be legitimate reasons to limit physical education programs."

Chomitz, V., Slining, M., McGowan, R., Mitchell, S., Dawson, G., & Hacker, K. (2009). **Is there a relationship between physical fitness and academic achievement? Positive results from public school children in the Northeastern United States.** *Journal of School Health*, 79(1), 30-37.

"This articles objective was to determine relationships between physical fitness and academic achievement in diverse, urban public school children. Results show statistically significant relationships between fitness and academic achievement, though the direction of causation is not known.

While more research is required, promoting fitness by increasing opportunities for physical activity during PE, recess, and out of school time may support academic achievement."