Background
- Physical activity and fitness can benefit children’s health and academic performance.
- Schools are uniquely suited to address both health and academic performance.
- 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/day.

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:
  - Control
  - Classroom-based PA
  - Family

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

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.

Initial Findings

Barriers To Implementing Classroom-based PA

<table>
<thead>
<tr>
<th>Barriers</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>60%</td>
<td>40%</td>
</tr>
<tr>
<td>Space</td>
<td>38%</td>
<td>62%</td>
</tr>
<tr>
<td>Lack of Student Interest</td>
<td>4%</td>
<td>96%</td>
</tr>
<tr>
<td>PA Not Important</td>
<td>-</td>
<td>100%</td>
</tr>
<tr>
<td>Lack Training</td>
<td>11%</td>
<td>89%</td>
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<tr>
<td>Lack Resources</td>
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<td>71%</td>
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<td>PA is PE Teacher’s Responsibility</td>
<td>7%</td>
<td>93%</td>
</tr>
<tr>
<td>In-class PA Not Necessary</td>
<td>4%</td>
<td>96%</td>
</tr>
<tr>
<td>School Support Lacking</td>
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<td>100%</td>
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</tbody>
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References