

Name : \_\_\_\_\_

## GREATER AMOUNTS OF PHYSICAL ACTIVITY (Due Tuesday, January 17)

**Directions:** Read the following article and answer the questions at the end in the space provided. Each question is worth 2 points.

Five years after releasing the first physical activity guidelines for children five to 13 years of age, the National Association for Sport and Physical Education (NASPE) is increasing the recommended amount. The first of four new guidelines recommends **at least 60 minutes, and up to several hours of physical activity per day**. This is not surprising given the fact that inactivity has contributed to the recent obesity epidemic and sedentary living is a known threat to health.

"With rising obesity and physical inactivity rates for children, the public's attention should now be focused to help schools and families across the country bring into action these important guidelines," said NASPE President George Graham, Ph.D. "Schools are critically important to increasing physical activity of children because school programs can affect the behavior of ALL children on a daily basis."

### **Summary Guidelines**

Among the recommendations are the following:

1. Children should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week.
2. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
3. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
4. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

"Within a quality school physical education program, physical education teachers should:

- Expose youngsters to a wide variety of physical activities.
- Encourage self-monitoring so youngsters can see how active they are and set their own goals.
- Individualize intensity of activities.
- Focus feedback on process of doing your best rather than on end product.
- Be active role models.

Perhaps the single most important time to increase physical activity and decrease sedentary activities such as television watching and computer time is after school between 3 and 6 p.m. This is a time when children can be active, but often are not. Parents must help their children find safe and enjoyable opportunities to be active during this time period.

Without any question, the number one barrier to physical activity in schools is the perception that time spent in activity such as physical education and recess will weaken academic learning. The evidence DOES NOT support this assumption. We now know that making time for physical education and physical activity does not reduce academic learning and it may actually increase it.

*Each question is worth 2 points.*

- 1. Name TWO qualities from the article of an excellent physical education teacher or program?**
- 2. What is the new guideline for the recommended amount of daily physical activity?**
- 3. What time is the single most important time to increase physical activity?**
- 4. Why do you think being physically active can improve your learning?**

