

PHYSICAL EDUCATION

Preparing the Brain
for Learning



Arizona Association
for Health,
Physical Education,
Recreation & Dance



N.E.W.S. → NUTRITION, EXERCISE, WATER, SLEEP

Exercise is like Miracle Grow for the Brain!

When you are physically fit you have more energy for work and play.

NUTRITION

Food=Fuel for the body! Studies show that students who eat breakfast are better prepared for the school day. Their ability to concentrate is better, reaction times are faster, energy levels are higher, and test scores are better. High fat, high sugar diets impede the ability of the brain to uptake glucose (brain fuel). Spend some time in the fruits and vegetable section of the grocery store. Pick up your favorite healthy snacks.

EXERCISE

Students who exercise do better in school. Elementary school-age children should accumulate at least 60 minutes of activity all or most days of the week. You don't have to do all 60 minutes at one time. Try breaking it up into 10-15 minute periods. When we exercise we improve the brain's ability to learn. After you finish exercising blood flow almost immediately shifts back to the prefrontal cortex, and this is the perfect time to focus on a project that demands sharp thinking and complex analysis. So, after your work out, get to work!

WATER

Did you know that your blood is 83% water? Muscles are 75% water, your brain is 74% water and bone is 22%

water. You should drink approximately 8 cups of water per day. The best time to drink liquids is before you get thirsty. Sip some water before you exercise.

SLEEP

Sleep Well - Think Well. Sleep loss equals brain drain. I'm sure you have heard the phrase "sleep on it." Research indicates that the brain continues to work and process informations even while we are sleeping. Keeping TV and computers out of the bedroom will help kids and adults get to sleep faster. Getting enough sleep will help you perform on a test, learn a new skill/stay on task, but it may also be a critical factor in your health, weight and energy level.

**HEALTHY
ACTIVE KIDS
MAKE
BETTER
LEARNERS**

**EXERCISE GROWS NEW
BRAIN CELLS**



PLAY, EXERCISE, FRIENDS = RECESS

Laughter
burns
calories

Exercise
and Brain

Recess - A time for *Active Play!*

Recess can impact learning by improving concentration, enhancing students' ability to focus, and improving classroom behavior. Increasing the physical activity levels of children during recess not only has health benefits, it holds great potential for positively impacting student academic performance. These benefits only occur when students are *physically active* during the recess period.

ARIZONA

PHYSICAL EDUCATION STANDARDS

Strand 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

Concept 1: Fundamental Movement Skills
Concept 2: Rhythmic Movement
Concept 3: Complex or Specialized Movement Skills

Strand 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Concept 1: Movement Concepts
Concept 2: Scientific Principles
Concept 3: Strategies and Tactics

Strand 3: Participates regularly in physical activity both during and beyond the structured physical education class.

Concept 1: Physical Activity in a Physical Education Program
Concept 2: Physical Activity Outside a Physical Education Program

Strand 4: Achieves and maintains a health-enhancing level of physical fitness.

Concept 1: Health-Related Fitness

Strand 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Concept 1: Personal Behavior
Concept 2: Social Behavior

Strand 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Concept 1: Values Physical Activity



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